

Gary Millen 5K Road Race and 5K Walk

Sunday, October 2, 2011
10:00 A.M., Kennett High School
Conway New Hampshire
Registration/Check-In Begins at 9 A.M.

Primary Sponsors: Northway Bank and Streamed Consulting
All proceeds to benefit co-curricular programs at Kennett High School

COURSE DETAIL: Computerized timing with wheel-measured course. Course begins and ends in Gary Millen Stadium. Water stops at start, 1.5 mile mark and finish. Great prizes!

AGE DIVISIONS: 14&Under; 15-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70-79; 80 & over

AWARDS: 11:00 A.M. Walkers – Overall Male/Female. Kennett High School Male/Female Teacher. Kennett High School Male/Female Student
Runners - Overall Male/Female. Kennett High School Male/Female Teacher. Kennett High School Male/Female Student. Top 10 finishers. Top 3 finishers in each age group.

T-SHIRTS: T-shirts for all runners pre-registered by September 28. A limited number of t-shirts will be available to post-registered runners on a first-come, first served basis.

REGISTRATION FORM (Please include all information including age, gender and walker vs. runner)

Last Name	First Name	MI		Home Phone	E-Mail		
Mailing Address	City/Town	State	Zip Code	Age on 10/2/2011	Gender		
Pre-register by 9/28/11	T-Shirt Size	S	M	L	XL	XXL	Walkers Check Here ___

Pre-registration Fee - \$15, Students and Teachers - \$12 by September 28. \$20 after September 28 including post-registration. Checks Payable to Gary Millen Road Race, P.O. Box 875, Center Conway, NH 03813 or

Register on-line at whitemountainmilers.com or active.com up to September 28.

Inquiries to Jack Loynd email: jloynd@comcast.net telephone: (603-447-1351)

WAIVER AND RELEASE OF LIABILITY

Participation in the 5K Road Race and Fitness Walk may involve risk of injury including but not limited to sprains, torn muscles, cramps and heat exhaustion. As a participant, by signing this form I attest and verify that I have full knowledge of the risks involved and that I am physically fit to participate in the 5K Road Race and Fitness Walk. I hereby for myself, my heirs, executors and administrators waive and release all rights and claims against the Gary Millen Foundation, Kennett High School, and any volunteers and sponsors for any liability in case of death or injury during participation in this race.

SIGNATURE (IF UNDER 18 MUST BE SIGNED BY PARENT) DATE