

12th Annual!

USATF Certified 5K Race NH09003RF

"In memory of Warren Nighswander,
a runner and friend," *Scott Clark, Race Director*

Gilmanton 5k Road Race

Saturday, March 27, 2010 10:00 AM Gilmanton, NH



AWARDS - MALE / FEMALE - ONE PER ATHLETE

Over All:

FIRST - \$125

SECOND - \$100

THIRD - \$75

1ST MASTERS- \$75

Age Groups:

Donated Merchandise up to two deep:

14 AND UNDER -(A GREAT GROUP!)

15-19

30-39

50-59

20-29

40-49

60-69

70 AND OVER

**SLING BAGS FOR
ENTRANTS REGISTERED BY MARCH 19TH !**

Registration: *all* ages and *all* abilities welcome!

Entry Fee: \$20.00

Sign up Online at www.SignMeUp.com/64469

Snip here - make copies - one for each person!

Proud to be the
opening race of the
C.A.R.S. six race series!
\$85 sign up for *all six* at
the Gilmanton 5K
or go to

www.capitalarearaceseries.com



All bib numbers are entered in a
post-race raffle for certificates
and merchandise.
Post Race food and Live Music!

Send in registration form now!

PLEASE PRINT CLEARLY:

Name: _____ M: ___ F: ___

Address: _____

Phone: _____ e-mail: _____

Age on race day: _____ Birth Date: _____

I wish to participate in the Gilmanton Road Race on **March 27, 2010**. For myself, my heirs, administrators, I release all assisting organizations and individuals from all liability in case of death or injury sustained before, during, or after the race. I waive my claims for damages against the sponsors. I know running and road racing are potentially hazardous activities, and accept all risks associated with participating.

Participant's signature: _____ Date: _____

Parent/Guardian required if under 18

Make check to **Gilmanton Road Race**
and mail with your registration form(s) to:

Gilmanton 5K Road Race
c/o Scott Clark, P.O. Box 392
Gilmanton, NH 03237

Entry Fee \$20

Sign up Online at www.SignMeUp.com/64469

Paid	_____
BIB #	_____

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GILMANTON 5K ROAD RACE

Questions? Contact **Scott Clark**

(603) 267-7083

e-mail: meadowviewfarm@metrocast.net

Course Description: Starting at the Historic Gilmanton Academy, you run North on Route 140. Run downhill for the first 1.5 miles - water stop - if you wish. Take a right onto Currier Hill Road - you will now climb on a dirt road for 1200 meters, which then changes to tar. Bear left onto Cat Alley. Go all out for the last straight 200 meters cheered by the crowd.

Directions to this fabled little town:

From the South: Go North on I-93 to Exit 20. Proceed straight through the lights which is Rte. 140. Follow for eight miles; left/right dogleg through the town of Belmont - then straight through lights. After 2 mi. you will arrive at the intersection of 140 and 107. Take a left onto 107 within sight of the Gilmanton Academy. Please use designated Parking at the Academy and nearby.

From the North: Take I-93 to Exit 20. Go left, then your first right onto Rte.140, and follow above directions.

On race day, runners may register or pick up numbers in the Academy Building between 8:00-9:45 a.m.

GILMANTON 5K ROAD RACE

P.O. Box 392

GILMANTON, NH 03237

An Invitation to the Runner Named:



photos credit: Barry Draper



www.santbani.org

Sant Bani School, 19 Ashram Rd.,
Sanbornton, NH 03269 603.934.4240



Part of the C.A.R.S. Race Series

www.capitalarearaceseries.com