

NH Thunder

Cross Country Meet Saturday, October 13, 2012

Location: Coe Brown Northwood Academy, Northwood, NH

Time: 2:30 pm—Registration 3:30 pm—Course Walk 4:00 pm—First Race

These races will be run in the order below. Some races may be combined depending on the number of runners, but the results and awards will be determined by gender and age group.

Age Division	Distance	Age Division Description
Sub Bantam	2K (1.25 miles)	Born 2003 or later
Bantam	3K (1.87 miles)	Born 2001 or 2002
Midget	3K (1.87 miles)	Born 199 or 2000
Youth	4K (2.5 miles)	Born 1997 or 1998

Cost: \$5.00 per athlete or \$75 per team girls and boys.

Pre-registration (mail by 10/6) to: NH Thunder (make checks payable to SRS (Strafford Rec. Sports))
PO Box 261
Strafford, NH 03884

Directions to Coe-Brown Academy

From East: Take Rte. 4 to school on left in Northwood Center. School is about eight miles from Epsom traffic circle.

From West: Take Rte. 4 and Rte. 202 to school on right in Northwood Center.

From North: Take I-93 to I-393W, and head east on Rte. 4 to school on right in Northwood Center. (School is about eight miles from Epsom Traffic Circle. Also from Lakes Region take Rte. 28, south to Rte. 107 in Pittsfield, to Rte. 4 and 202 in Northwood. Turn left onto Rte 4 to school on right in Northwood Center.

From South: Take I-93 to I-393W, and head east on Rte. 4 to school on right in Northwood Center. Also from south on Rte. 28 in Suncook to Epsom Traffic Circle, then east on Rte. 4 to school on right in Northwood Center. School is about eight miles from rotary.

Course: The course has gravel, dirt rocks, and asphalt with rolling hills. No spikes allowed.

Contact: Karyn Fisher 5fishers@metrocast.net or 603-664-6993

NH THUNDER CROSS COUNTRY ENTRY FORM AND WAIVER

Athlete's Name: _____

Athlete's Team: _____

Age Group (circle one) Sub Bantam Bantam Midget Youth

Male _____

Female _____

Waiver and Release of Liability for athlete under 18

In consideration of acceptance of this entry, I, intending to be legally bound for myself, my child, my heirs, personal representative, estate, successors and assigns, hereby waive all claims that my child or I may have against NH Thunder, its officers, its coaches, and its volunteers, the Town of Northwood and Strafford Recreational Sports arising in any way out of my child's participation in this event and release from all liability from NH Thunder, its officers, its coaches, and its volunteers, the Town of Northwood and Strafford Recreational Sports may have from my child's participation in this event.

I hereby represent that my child is physically fit and has trained sufficiently to participate in this event and that I have full knowledge of the risks involved in this cross country event, including but not limited to, the risk of injuries that often occur and that I assume all expenses in case of accident, illness, injury or other incapacity.

Parent or legal guardian must sign for each athlete under the age of 18.

Athlete's Signature _____ Date _____

Parent's Signature _____ Date _____