



Fleet Feet 5K & Cross Country Festival  
Sunday October 30th, 2016  
Nashua, NH

Where: Festivities will take place at the Nashua South High School track.

Directions: Nashua South High School, 36 Riverside Dr., Nashua NH is located off exit 5W on Rt. 3 (Everett Turnpike).

Schedule of events:

Youth only (under 18)

9:00 AM: 2K Boys and Girls combined USATF age 8 and under

9:30 AM: 3K Boys and Girls combined USATF age 9-12

10:00 AM: 4K Boys and Girls combined USATF age 13-14

Adult or Youth

10:30 AM: 5K Runners and Walkers

11:30 AM: Awards and Raffle prizes for 5K

FIRST NAME \_\_\_\_\_ LAST NAME \_\_\_\_\_

STREET ADDRESS \_\_\_\_\_ Male/Female \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ Zip \_\_\_\_\_ Age on race day \_\_\_\_\_ Runner \_\_\_\_\_ Walker \_\_\_\_\_

Race: 2k \_\_\_\_\_ 3k \_\_\_\_\_ 4k \_\_\_\_\_ 5k \_\_\_\_\_

Email address: \_\_\_\_\_

5k race ONLY: Shirt Size (Adult) XS \_\_\_\_\_ S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ XXL \_\_\_\_\_

ENTRY FEES: \$25.00 POSTMARKED BEFORE 10/25/15 / \$30 RACE DAY ENTRANTS

\$7.00 for youth race (no race shirt)

\*PLEASE NOTE\* SHIRT IS GUARANTEED FOR THE FIRST 200 ENTRIES

Make check payable to Fleet Feet Nashua, 4 Coliseum Ave #2, Nashua, NH 03063

PLEASE READ AND SIGN THE PARTICIPATION WAIVER BELOW

I know that running a road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and headsets are not allowed in the race and I will abide by this guideline. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Fleet Feet 5k, the city of Nashua, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature (parent or guardian required if under 18) \_\_\_\_\_ Date: \_\_\_\_\_