========== **Race Application** ==========

15th Annual St. Charles Children's Home 5k
Labor Day, September 5, 2011 @ 9 AM

Registration and race # pickup starts 7 AM
Check payable to: **St. Charles Children's Home 5k**
Mail to: **PO Box 1705, Rochester, NH 03867**
One app per runner: **$20** Race Entry Fee

First Name

Last Name

Street Address

City **State** **Phone**

Zip **Age** (race day) **Birth Date (MMDDYY)** **M F** (circle one)

With my signature, or with the filling out of this race entry form, or with my payment to participate in the race, or by my participation in the race, I intend to be legally bound. I certify that I am properly trained to run or walk this 5k road race. I assume all risks associated with running or walking this event on September 5, 2011 including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/ or humidity, traffic, and conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act of my behalf, waive and release 15th Annual St. Charles Children's Home 5k Road Race, St. Charles Children's Home, USATF, the City of Portsmouth, Pease International Tradeport, New Hampshire Catholic Charities, Daughters of Mary, race officials and volunteers, all sponsors, and 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. Further, I hereby grant full permission to any of the foregoing to use any photo, videotapes, or any record of this event for any legitimate purpose.

I understand that per USATF regulations headsets & strollers can't be used.

_____

Signature (signature of parent if under 18) Date

Adult Shirt Size: **S M L XL XXL** Child Shirt Size: **CHS CHM CHL**

☐ **5k ($20)** ☐ **5k for kids 12 & under ($10)**
☐ **Fun Run (Age 7 & under-free)** ☐ **NO SHIRT ($15 till 8/20)**

More info: www.runningnuns.com

========== **Race Application** ==========

15th Annual St. Charles Children's Home 5k
Labor Day, September 5, 2011 @ 9 AM

Registration and race # pickup starts 7 AM
Check payable to: **St. Charles Children's Home 5k**
Mail to: **PO Box 1705, Rochester, NH 03867**
One app per runner: **$20** Race Entry Fee

First Name

Last Name

Street Address

City **State** **Phone**

Zip **Age** (race day) **Birth Date (MMDDYY)** **M F** (circle one)

With my signature, or with the filling out of this race entry form, or with my payment to participate in the race, or by my participation in the race, I intend to be legally bound. I certify that I am properly trained to run or walk this 5k road race. I assume all risks associated with running or walking this event on September 5, 2011 including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/ or humidity, traffic, and conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act of my behalf, waive and release 15th Annual St. Charles Children's Home 5k Road Race, St. Charles Children's Home, USATF, the City of Portsmouth, Pease International Tradeport, New Hampshire Catholic Charities, Daughters of Mary, race officials and volunteers, all sponsors, and 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. Further, I hereby grant full permission to any of the foregoing to use any photo, videotapes, or any record of this event for any legitimate purpose.

I understand that per USATF regulations headsets & strollers can't be used.

_____

Signature (signature of parent if under 18) Date

Adult Shirt Size: **S M L XL XXL** Child Shirt Size: **CHS CHM CHL**

☐ **5k ($20)** ☐ **5k for kids 12 & under ($10)**
☐ **Fun Run (Age 7 & under-free)** ☐ **NO SHIRT ($15 till 8/20)**

More info: www.runningnuns.com

========== **Race Application** ==========

15th Annual St. Charles Children's Home 5k
Labor Day, September 5, 2011 @ 9 AM

Registration and race # pickup starts 7 AM
Check payable to: **St. Charles Children's Home 5k**
Mail to: **PO Box 1705, Rochester, NH 03867**
One app per runner: **$20** Race Entry Fee

First Name

Last Name

Street Address

City **State** **Phone**

Zip **Age** (race day) **Birth Date (MMDDYY)** **M F** (circle one)

With my signature, or with the filling out of this race entry form, or with my payment to participate in the race, or by my participation in the race, I intend to be legally bound. I certify that I am properly trained to run or walk this 5k road race. I assume all risks associated with running or walking this event on September 5, 2011 including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/ or humidity, traffic, and conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act of my behalf, waive and release 15th Annual St. Charles Children's Home 5k Road Race, St. Charles Children's Home, USATF, the City of Portsmouth, Pease International Tradeport, New Hampshire Catholic Charities, Daughters of Mary, race officials and volunteers, all sponsors, and 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. Further, I hereby grant full permission to any of the foregoing to use any photo, videotapes, or any record of this event for any legitimate purpose.

I understand that per USATF regulations headsets & strollers can't be used.

_____

Signature (signature of parent if under 18) Date

Adult Shirt Size: **S M L XL XXL** Child Shirt Size: **CHS CHM CHL**

☐ **5k ($20)** ☐ **5k for kids 12 & under ($10)**
☐ **Fun Run (Age 7 & under-free)** ☐ **NO SHIRT ($15 till 8/20)**

More info: www.runningnuns.com