



6th Annual Crisman Memorial

5K Race / Walk

All proceeds go to the Kyle & Tim Crisman Scholarship Fund

August 9, 2008 at 10 AM

At Souhegan High School - Amherst, N.H.

Registration by mail \$20 until July 31 /\$25 thereafter and on race day

Under 18 years old \$15 until July 31/\$20 thereafter and on race day

Immediate Family of 5 or more \$55 until July 31 - \$25 per person thereafter

Teams of 5 All entries must be in ONE envelope, \$55 Before July 31 - \$25 per person thereafter

Race day registration from 8:00 am – 9:45 am

Free T-shirts for the first 150 registrants!

Award for top fundraiser

Runner Awards: Top 3 Male and Female OPEN, Top Male and Female Youth, Masters, Seniors, over 60, over 70, Top 2 Veterans

Food & beverages available for all registered runners/walkers

Great Raffle Prizes!

Directions: **From Nashua** take Rte. 101A to Boston Post Road. Stay on Boston Post Road until the high school.

From Manchester take Rte. 101 to Amherst exit (Rte 122), right at end of ramp. Take left at first set of lights

(Boston Post Road/Rte 122). Take left (approx. 1 mile) onto Boston Post Road. Stay straight for (approx.) 2.5 miles.

The High School is on your left.

Questions: Contact Kathy or Erik Crisman at 603-672-9306 or email: KZOBND@aol.com

Name: _____ Age _____ Sex: Male _____ Female _____

Address: _____ Phone () _____

Email _____

TEAM NAME _____

I will be a Runner _____ Walker _____ Tee Shirt Size _____

Make Checks Payable to: Crisman Memorial 5K Race/Walk Send to: PO BOX 6101, Amherst, NH 03031

Race Agreement: By signing below, I understand and agree to the following. I know that to do a road race/walk is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the race. I assume all risks associated with running/walking this event including, but not limited to, falls, contact with other participants, the effect of weather, or traffic. I waive, release, discharge, covenant not to sue, indemnify and hold harmless Souhegan School District, the race committee, all sponsors, officials and successors from and against all actions, suits, liabilities, claims, demands, cost (including legal fees and expenses) or damages arising out of my participation in this event, whether the results of negligence of any foregoing parties or otherwise. No radio headsets, baby strollers, skateboards, bikes, roller blades or animals are allowed on the course. I give my full permission to use my likeness in all media, photo, recording or other record of this event for any legitimate purpose.

Signed _____ Date _____

(Parent's signature if participant is under the age of 18)

*Thank you for
your support!*