



Bradford 5K Road Race

In conjunction with Bradford's Independence Day

Saturday, July 7, 2012

Race starts at 9am (rain or shine!)

Bradford, NH at the intersection of Route 103 and Main Street

Follow signs to Town Hall for registration and start.

Limited changing and toilet facilities available.

COURSE: USATF Certified 5K Loop begins at Town Hall and ends at Brown Shattuck Park. Splits at 1 mile and 2 mile. USATF Certificate # NH 95013WN.

REGISTRATION: Bradford Town Hall. Day of race registration 7:30-8:45am, Fee: \$20 per person. Pre-registration fee (must be postmarked by Saturday, June 30): \$15 per person. IMPORTANT: Please make checks payable to: TOWN OF BRADFORD PARKS & RECREATION. Mail to BACC/5K, 70 High Street, Bradford, NH 03221 with signed entry form. Shower facilities free at Kearsarge Fitness (includes workout). Ask for the card at the registration table.

AGE GROUPS: Male and Female – 9 & under; 10-14; 15-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70 & over.

AWARDS: T-shirts to the first 200 entrants. Trophies to the first male and female overall. Plaques or trophies to top males and females in their age groups. Warren Brook Award to first male and female Kearsarge Regional High School Finishers. Raffles and Prizes awarded. Computerized timing and results by Granite State Race Services. Refreshments available after the race. Fitness walkers welcome—trophies given to top finishers.

OTHER EVENTS: Beef Roast 5-7pm Friday night, Masonic Breakfast 7am, Church Fair, 2pm Parade, Other activities at Brown Shattuck Field, Fireworks at Dusk.

RACE DIRECTOR: Bruce Edwards. For more information call 603-938-2404.

SPONSORS: The Appleseed Restaurant, Ayer & Goss, Inc., Black Bear Sportswear, Country Spirit Restaurant, Kearsarge Fitness, Lake Sunapee Bank, Lumber Barn, Omega Structural Engineers, Outspokin' Bicycle & Sport, Pickman & Sons Plumbing & Heating Inc, "The Pulse" WTPL 107.7FM, St. Peter's Lodge #31, Walco Mechanical Co., Robert W. Wright, Jr. CLU

ENTRY FORM

RELEASE & WAIVER: *In consideration of this entry being accepted, I hereby for myself, heirs, executors, administrators, waive and release any and all right and claims for damages against the town of Bradford, NH and all other race sponsors and officials, for any and all injuries suffered by me at said event or while traveling to or returning therefrom. I further attest and certify that I am physically fit and have sufficiently trained for competition in this event. This is a road race conducted under the rules of the R.R.C.A. and USATF. **In consideration of the safety of all participants, no baby joggers, baby strollers, headphones, animals on leashes, skateboards and skates are allowed.***

T-SHIRT SIZE: Small Medium Large Extra Large XX Large XXX Large (\$5 extra)

Name: _____ Age: _____ KRHS
(Last) (First) (Middle) (Day of Race)

Address: _____ City/Town: _____ State: ___ Zip: _____

Sex: M F Birth date: _____ Phone: _____

Email address: _____ (for mailing list for registrations & event notices)

Signature: _____ Date: _____

EACH COMPETITOR MUST SIGN AND IF THE COMPETITOR IS UNDER 18 YEARS OF AGE, A PARENT OR LEGAL GUARDIAN MUST SIGN