



This is the Second Race in the Seacoast Road Race Series

**KREMPELS CENTER**

## 2010 Runner's Alley/Redhook Memorial Road Race Competitive Walk & Kids Fun Run

May 30<sup>th</sup> 11:00am Kids Fun Run at 10:15am

**Step 1: Neatly fill out all info.**

Last Name: \_\_\_\_\_ City/State: \_\_\_\_\_

First Name: \_\_\_\_\_ Email: \_\_\_\_\_

Age on 5/30/2010: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Sex: M or F

Running Club/Team Name: \_\_\_\_\_

T-Shirt Size: S M L XL please circle desired size

Choose your category:

- |   |  |
|---|--|
| <input type="checkbox"/> 5k Road Race         | <input type="checkbox"/> 5K Competitive Walker |
| <input type="checkbox"/> 8/Under Kids Fun Run | <input type="checkbox"/> Wheelchair            |

**Step 2: Please review and sign waiver.**

I know that running is a potentially hazardous activity, and that I should not enter and run/walk unless I am medically able and properly trained. I assume all risks associated with this event, including, but not limited to: falls, contact with other participants, effects of traffic, weather, etc. I for myself, waive and release the City of Portsmouth, The Kremfels Center, Pease International Tradeport, Runner's Alley LLC, Redhook Brewery, and any and all sponsors of this race, volunteers, and the state of NH from any and all claims and liabilities of any kind whatsoever arising from my voluntary participation in this event, regardless of such liability results from carelessness or negligence of the persons named in this waiver.

Signature/Guardian: \_\_\_\_\_

**Step 3: Write check and make payable to Kremfels Center and mail to Runner's Alley**

5k Road Race: \$25.00

12 years and under: \$15.00

Kids 8 and under Fun Run: \$5.00

**RACE DAY ENTRY: \$25.00**

*Make checks payable to: Kremfels Center.*

*All entry fees are nonrefundable.*

Mail To: Runner's Alley  
104 Congress St.  
Portsmouth NH, 03801

**New this Year, "The 100 Club"**

Find out what it's like to be a VIP Runner. All entries for the 100 Club are \$100.00 but worth every dollar! Only 100 spots available for this prestigious distinction! Be the first to be a VIP Participant and enjoy all the great benefits it has to offer! 100 Club members receive a technical tee, a Redhook souvenir glass, a goody bag, preferred parking, their own port-a-potty, and VIP treatment for the day.