

Runner's Alley

104 Congress Street
Portsmouth, NH 03801

36 Hanover Street
Manchester, NH 03101

5K Group

Name: _____

Address: _____

E-Mail:(please print neatly) _____

Contact in Case of Emergency: _____

Preferred Phone #: _____

Have you done this group before? Yes No

So why running? We'd love to know what made you want to try! It can help us understand your motivation to get out and beat feet!

What is your personal goal for your race? Just want to get to the finish line? Would like to break a certain time goal? We'll adjust your training to help meet your goals!

What can we do to make this group experience a great one for you? We invite ideas!

T-shirt Size (check one): Small Medium Large X-Large

Waiver: I know that running can be a hazardous activity, and that I should not participate in this program unless I am medically able and properly prepared. I assume all risks associated with this program. I release Runner's Alley and any other sponsors of this program from any and all claims and liabilities of any kind whatsoever.

(Signature)