



7th Annual Running Rascals 5K Road Race

When: Saturday, May 9, 2015 10:00 a.m.

Where: Effingham Elementary School
6 Partridge Cove Road Effingham, NH

What: A 3.1 mile race for walkers and runners, course and timing by the White Mountain Milers. Multiple age groups with award certificates for age group winners. Light refreshments after the race.

Why: To raise money to continue the Effingham Elementary School Running Rascals

Particulars: Race entry fee is \$10.00 received by May 5, post entries including day of race are \$12.00. Student (12 & under) \$5.00. Parking and changing facilities are available. Meal tickets \$2.00 for guests. 50/50 raffle after the race.

Information: Race Director Carol Viens 539-6032 or carolviens@me.com

Please make checks or money orders payable to:
Effingham Elementary School

Mail entries to: Road Race, Effingham Elementary School
6 Partridge Cove Road, Effingham, NH 03882

PLEASE PRINT REGISTRATION INFORMATION NEATLY BELOW!

NAME: _____
AGE: ___ **GENDER:** M ___ F ___ **RUNNER** ___ **WALKER** ___
ADDRESS: _____
CITY: _____ **STATE:** ___ **ZIP:** _____

RELEASE AND WAIVER: I assume all risks associated with running or walking in this event. In consideration of your accepting this entry, I hereby for myself and my heirs, executors, or administrators, waive and release all rights and claims or damages I may have against the Effingham Elementary School, the Towns of Effingham and Freedom, any sponsors, all race officials, volunteers, and other individuals or organizations associated with this event, for any death, personal injury, or property damage arising from or in the course of my participation in this event. No head sets or baby strollers please.

SIGNATURE: _____ **DATE:** _____

PARENT SIGNATURE UNDER 18: _____