GREAT BAY 5K

RACE FOR A HEALTHY ESTUARY

Saturday, October 26, 2019, 9:00am

The 21st annual Great Bay 5K starts on Sandy Point Road, across from Stratham Hill Park on Route 33 in Stratham, NH and ends at the Great Bay Discovery Center.
Age 15 and under: $15 until October 1, then $20.
Age 16 and older: $27.50 until July 30; $30 until September 30; then $35.

For full race details and on-line registration, visit www.greatbay5k.org

You must register by September 30 to receive a free, long-sleeve, moisture-wicking race shirt.

PLEASE COMPLETE AND MAIL THIS FORM TO: GB5K - Great Bay Stewards, 89 Depot Rd, Greenland, NH 03840
One entrant per form. Make checks payable to: Great Bay Stewards.
Please consider a tax-deductible donation to support a healthy Great Bay/Piscataqua watershed and estuary - a unique ecosystem for people and wildlife.

Entry Form - The Great Bay 5K I Race for a Healthy Estuary & Kids' Fun Run I October 26, 2019

NAME: AGE ON RACE DAY:

ADDRESS: DATE OF BIRTH:

CITY: STATE: ZIP:

EMAIL: MALE: FEMALE:

PHONE: EMERGENCY CONTACT PHONE:

EMERGENCY CONTACT NAME:

TEAM NAME:

MALE TEAM FEMALE TEAM MIXED TEAM RACE SHIRT SIZE (WOMEN): S M L XL

5K: RUNNER WALKER FUN RUN RACE SHIRT SIZE (MEN): S M L XL XXL

AMOUNT PAID: 5K Entry TAX-DEDUCTIBLE DONATION TOTAL

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 agree to abide by any decision of race officials relative to my ability to safely compete in this race. I assume all risks associated with this race, including, but not limited to: falls, injuries, death, damage to property, contact with other participants, effects of traffic, etc. I, for my heirs, my assigns, and myself, waive and release the Great Bay Stewards, the Great Bay Discovery Center, all sponsors of this race, volunteers, Stratham, Greenland, and the State of N.H. from any/all claims and liabilities of any kind whatsoever arising from my voluntary participation in this event, regardless of whether such liability results from carelessness or negligence of those named in this waiver. No rollerblades, skateboards or pets allowed. ***All entry fees are non-refundable***.

SIGNATURE: _____ DATE: _____

SIGNATURE OF PARENT OR GUARDIAN (IF UNDER 18): _____ DATE: _____

GREAT BAY STEWARDS

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GREAT BAY NATIONAL ESTUARINE RESEARCH RESERVE