



The 22nd annual Great Bay 5K | Race for a Healthy Estuary | Saturday, October 24, 2020, 9am
Greenland/Stratham, NH.

<u>Registration Dates</u>	<u>Adults (16 - 69)</u>	<u>Youth (15 and Under)</u>	<u>Age 70 & Over</u>
Jan 1 - July 31	\$25	\$15	\$15
Aug 1 - Sept 15	\$30	\$20	\$20
Sept 16 - Oct 24	\$35	\$25	\$25

For full race details and on-line registration, visit www.greatbay5k.org. Registration forms must be received by **September 30** to qualify for a long-sleeve race shirt. All mail-in entries must be received by **Wednesday, October 21, 2020.**

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 estuary.



Entry Form - The Great Bay 5K | Race for a Healthy Estuary | October 24, 2020

NAME: AGE ON RACE DAY:
 ADDRESS: DATE OF BIRTH:
 CITY: STATE: ZIP:
 EMAIL:
 MALE: FEMALE: NON-BINARY: Only female and male racers will be able to earn overall, team, and age group awards.
 PHONE: EMERGENCY CONTACT PHONE:
 EMERGENCY CONTACT NAME:
 TEAM NAME:
 5K: RUNNER: WALKER: COMPETITIVE WALKER: WHEELCHAIR ***Shirt runs small. Please order 1 to 2 sizes up.***
 RACE SHIRT (WOMEN): S M L XL XXL I DON'T NEED ANOTHER RACE SHIRT!
 RACE SHIRT (MEN): S M L XL XXL XXXL ORDER EXTRA SHIRTS (SEPARATE FORM)
 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: _____