SATURDAY, MAY 1, 2010 – FOOT HEALTH 5K

19TH ANNUAL
FOOT HEALTH 5K ROAD RACE

GALLIEN'S TOWN BEACH - DERRY NH

SATURDAY, MAY 1, 2010 * 9:00AM

Part of the 2010 NH Grand Prix

DISTANCE	3.1 miles - USATF Certified #NH93006WN
ENTRY FEE	Mail $22 Pre / Post registration $25 (Pre-registration closes April 26, 2010) Non-Refundable! Online registration $18 closes April 26, 2010 as well. **Checks payable to: Greater Derry Track Club**. Race day registration opens 7:30 to 8:45. **Online Registration** available. Check www.gdtc.org for details.
REFRESHMENTS	Homemade baked goods
BENEFITS	Proceedings benefit the Greater Derry Track Club Kids Running Programs
T-SHIRTS	Custom printed shirts for the first 120 registered runners
AWARDS	Top 3 overall male and female and top 3 all age groups.
TIMING	Chip timing provided by New England Timing and Winning Time (ne-timing.com)
COURSE	Certified 5K follows the scenic shoreline of Beaver Lake, running clockwise around the lake.
DIRECTIONS	**From the North & South:** Take I-93 to exit 4 (Route 102). Proceed East on 102 through Derry to the traffic circle. Gallien's Town Beach is ¾ mile further on Route 102. **From the East:** Take Route 101 West to Route 102 Exit. Turn left onto Route 102 West into Derry. Gallien's Town Beach is approx. 3 miles on the left after entering Derry.
QUESTIONS	Mariano Santangelo - info@gdtc.org
SPONSORS	Thank you to: **Derry Parks and Recreation**

Detach and make check payable to: Greater Derry Track Club

Mail Entry Form to: Mariano Santangelo c/o GDTC, 2 Wright Road, East Derry, NH 03038

Last Name _____ Age ____

First Name _____ Sex ____ T-shirt Size ____

Address _____

City _____ State ____ Zip _____

Email _____

Club Name _____

** PLEASE READ AND SIGN RELEASE & WAIVER: In consideration of this entry being accepted, I hereby for myself, my heirs, executors and administrators waive any and all rights and claims for damages I may have, as a result of participating in this event, against the Greater Derry Track Club and all other sponsors, contributors, organizers and volunteers of this event. I attest that I am physically fit to compete in this event and I assume all risks associated with running this event including, but not limited to: falls, contact with other participants, the effects of the weather, traffic and the conditions of the road or course. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

SIGNATURE _____ (Parent/Guardian if under 18)