



Free Fall Classic 5K Thanksgiving Day



Thursday - November 24, 2016
Rochester Community Center
150 Wakefield St, Rochester, NH 03867
Registration opens at 7:30 a.m.
Race Starts at 8:30 a.m.

Proceeds to Gerry's Food-
Pantry and Strafford
Homeless Shelter

On-line Registration: <http://www.freefall5k.com/>

Registration: \$10.00 ages 13 and older

\$5.00 ages 12 and under

Both prices increase by \$5 on race day

Shirt: \$10.00 Long sleeve cotton; Shirt Size (circle one): Small Med Large X-Large XX-Large
Shirt order closes on Sun 11/12/16

Prizes: Will be awarded to the first place male and female finishers. Prizes for top 3 in each of the following age categories: 19 and Under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Day of race: Registration and packet pick up from 7:15am-8:15am

Please make checks payable to: Rochester Runners and mail to:

Rochester Runners

PO Box 727, Rochester, NH 03866

Full Name: _____

Address (Street, City, and State): _____

Email: _____

Sex (circle one): Male Female

Date of Birth: _____

In consideration of being a registered entrant in the 5K Road Race on 11/24/16, the undersigned does hereby agree to assume all risk of harm, injury, or loss of whatever nature resulting at said event and release, remise, discharge and forever hold harmless the Rochester Runners and all sponsors or contributor agents associated with the even from any claims which arise from my participation in the said race.

Signature: _____ Date: _____

(Legal Guardian for participant under 18 yrs old)

Race Directors: Sharon Wingate - ncappraisers@hotmail.com

Robin Buckley - boston2014118@gmail.com