



2ND Annual ~ Exeter High School EHS Kick'n Into Gear 5k Road Race

Saturday, September 12, 2009 ~ 8:30am START

Presented By: EHS Boys Soccer Boosters Club (All Proceeds to Benefit EHS Boys Soccer Boosters Club)

Become Part of Classic 5K Race ~ EHS, 1 Blue Hawk Drive, Exeter, NH 03833 ~ "Home of the Blue Hawks"

COURSE: Start loops around EHS, out emergency exit, right onto Old Town Farm Road, right onto Route 27, right onto Blue Hawk Drive, loop to rear parking lot and enter the track for final 400m lap to the finish line.

REGISTRATION & NUMBER PICKUP:

Exeter High School Track, 1 Blue Hawk Dr., Exeter, NH
From 7:00am to 8:00am

FACILITIES: Restrooms located in EHS Stadium.
No changing facilities. Come Prepared to Run

T-SHIRTS: First 150 Registered Runners
Arrive early for best size availability.

WATER STATIONS: Mile 1 & Mile 2

NOTE: Runners stay to the right side of road at all times. The use of MP3 players/iPods is discouraged.

MERCHANDISE PRIZES / MEDALS:

1st, 2nd, 3rd Male/Female & 1st, 2nd, 3rd Age Divisions:
<14 / 15-19 / 20-29 / 30-39 / 40-49 / 50-59 / 60-69 / 70+
First Male/Female EHS Student
First Male/Female EHS Coach/Staff/Faculty

EXETER HIGH SCHOOL TEAM CHALLENGE:

EHS Teams Compete for a \$150. Food Gift Certificate
Scoring based on the proportionate number of runners from each team category that register, run & finish.

FREE RAFFLE: For all race entrants. Must be present and have bib number to win.

ENTRY FEE:

\$10.00 Pre-Entry EHS Students Only (prior to 9/10/09)
\$15.00 Pre-Entry All Other Runners (prior to 9/10/09)
\$20.00 Race Day Entry All Runners

Checks Payable/Mail To: EHS Boys Soccer Boosters, c/o Lisa Rohr, 97 Willowbrook Ave., Stratham, NH 03885

Contact: Lisa Rohr, Race Director / rohr.runraceski@gmail.com / Phone 603-775-7202

REGISTER ONLINE: <http://www.runreg.com/events/register.asp?EventID=2088>

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In consideration of this entry accepted, I hereby for myself, my heirs, executors, administrators, waive and release any and all rights and claims for damages that I may have against the organization holding this race and the Town of Exeter for any and all injuries suffered by me in this race. I attest and certify that I am physically fit and have trained sufficiently for competition in long distance road races.

EMAIL: _____

NAME: _____ Male / Female (circle one) AGE: _____

ADDRESS: _____ Shirt Size SM MED LG XLG (circle one)

EHS STUDENT: YES / NO (circle one)

EHS COACH/STAFF/FACULTY: YES / NO (circle one)

Signature x _____

(Parent's Signature if Under 18)

EHS TEAM CHALLENGE: Scoring proportionate to team size & # of participants ~ Most team runners = Best chance to win!

* If you are unsure of team placement when submitting this application, simply circle the "sport category" and we will confirm & adjust on race day.

Boys Soccer: Freshman / JV Blue / JV White / Varsity (circle one)

Girls Soccer: Freshman / JV Blue / JV White / Varsity (circle one)

Cross Country: Boys / Girls (circle one)

Volleyball: Junior Varsity / Varsity (circle one)

Field Hockey: Freshman / Junior Varsity / Varsity (circle one)

Football: Freshman / Junior Varsity / Varsity (circle one)

Other EHS Team: _____

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