



UNIVERSITY of NEW HAMPSHIRE
COOPERATIVE EXTENSION

Merrimack County Cooperative Extension
315 Daniel Webster HWY / Boscawen, NH 03303-2410
(603) 225-5505 or (603) 796-2251
Fax: (603) 796-2271 Website: ceinfo.unh.edu



Stride for NH Pride Registration

This race is sponsored by Merrimack County UNH Cooperative Extension and Stop & Shop

Stride for New Hampshire Pride (August 27th), a 5K road race to promote locally grown agriculture products. This race welcomes both runners and walkers. Our mission is to educate the community about the economic, social, and health benefits of purchasing locally grown products. This is a USA track & field sanctioned event, that will begin and end just steps away from the Concord Farmers' market across from the State Green on Park Street. Registration for the race will begin at 7:30 a.m. the actual race will begin at 9:00 a.m.

The registration fee for the *Stride for NH Pride* 5K race is \$15.00. Participants signing up the day of the race will be charged \$20.00. Checks can be made payable to: Merrimack County Extension Office and sent to: Merrimack County Extension Office, c/o Sadie Puglisi, 315 Daniel Webster Highway, Boscawen, NH 03303-2410.



SANCTIONED EVENT

Race packets can be picked up at the Farm Bureau Office, 295 Sheep Davis Road in Concord, N.H. on Wednesday August 17th between 8:00 a.m. - 6:00 p.m. or at the Merrimack County Cooperative Extension Office in Boscawen, N.H. on August 18th & 19th (Thursday & Friday) between 8:00 a.m. - 4:00 p.m. Race packets will NOT be given out the day of the race.



For more information and to view the race map please go to: www.extension.unh.edu then choose Agriculture on the left side topic bar and check out the "What's New" section on the right hand side. For questions and/or directions please contact Sadie Puglisi, Race Coordinator at (603) 225-5505 Ext 323.

Thank you to all of our sponsors. This race would not be possible without their help: The Barley House, Concord Farmers Market, New Hampshire Farmers Market Association, New Hampshire Department of Agriculture, Bead It!, Dress with a Kick, Concord Cooperative Market and Stonyfield Farm.

Name: _____

Gender: _____ Age: _____

Address: _____

Telephone Number: _____

Tee Shirt Size: _____

Release/Waiver of Liability: I, the undersigned participant, hereby, for myself my heirs, my personal representatives, agree to waive and release UNH Cooperative Extension, the Town of Concord and any sponsors (officers and employees of said entities) from any and all claims that might result from damages, injury, or illness I may sustain or incur which arises in any manner from participation in the 5K Road Race. I assume all risk of injury, illness and damages, including, without limitation by reason of enumeration, any which may be attributed to weather conditions. I hereby attest and verify that I will participate in this event as a foot race entrant, that I am physically fit and have sufficiently trained for the completion of this event. Further, I hereby grant full permission to any and all of the foregoing to use my name and any photographs, videotapes, motion pictures, recordings, or any other record of my participation in this event:

Signature: _____

Date: _____

(parent/guardian if under 18)

***Note: Unsigned waivers will be rejected.**