

REGISTRATION

Name: _____

DOB: _____ Male/Female (*circle one*)

Address: _____

City: _____ State: _____ Zip: _____

Tee shirt size (*circle one*) S M L XL

Runner Walker Wheelchair (*circle one*)

Checks can be made payable to:
Merrimack County Extension Office.

Please return with registration fee enclosed to:
Merrimack County Coop Ext
c/o Sadie Puglisi
315 Daniel Webster HWY
Boscawen, NH 03303-2410

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: _____

(parent/guardian if under 18)

Date: _____

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

Thank you!

Thank you to all of our sponsors. This race would not be possible without their help:

The Barley House
Bead It!
Concord Cooperative Market
Concord Farmers Market
Dress with a Kick
NH Farmers Market Association
NH Department of Agriculture
Stonyfield Farm



UNIVERSITY of NEW HAMPSHIRE
COOPERATIVE EXTENSION



*A 5K road race to promote
locally grown agriculture products.*

August 27, 2005



***Sponsored by UNH Cooperative
Extension Merrimack County
and Stop and Shop***

Merrimack County Cooperative Extension
315 Daniel Webster Highway
Boscawen, NH 03303-2410

UNH Cooperative Extension programs and policies are consistent with pertinent Federal and State laws and regulations on non-discrimination regarding age, color, handicap, national origin, race, religion, sex, sexual orientation, or veterans status.

Stride for NH Pride

Our Mission:

Our mission is to educate the community about the economic, social and health benefits of purchasing locally grown products.

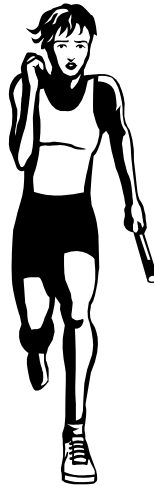
About the Race:

Stride for NH Pride is a 5K road race that welcomes both runners and walkers. It will be held on August 27th and will begin and end just steps away from the Concord Farmers' Market across from the State Green on Park Street. Race registration will begin at 7:30 a.m. The actual race will begin at 9:00 a.m. This is a USA track & field sanctioned event, that will be professionally timed by Granite State Race Services.

Please no dogs or strollers in this race.



SANCTIONED EVENT



Registration:

The registration fee for this race is \$15.00. Participants signing up the day of the race will be charged \$20.00. The first 100 registrants will receive free tee shirts. (Please see registration form in this brochure). Checks can be made payable to: Merrimack County Extension Office and sent to:

Merrimack County Coop Ext
c/o Sadie Puglisi
315 Daniel Webster HWY
Boscawen, NH 03303-2410

Information and Race Map:

For more information regarding this race, please contact Sadie Puglisi, Race Coordinator at (603) 225-5505 X 323. To view the race map you can visit our website at: www.extension.unh.edu Go to the Agriculture section and then look under "What's New" for race information.

Race Packets:

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. and 4:00 p.m.

Parking:

There are many municipal parking facilities in downtown Concord. Main St. is lined with parking on either side. The side streets both north and south of Main St. have parking garages or parking lots. All are free on weekends.

Goodies:

Prizes will be given for first, second and third place overall for men and women. And for first prize in all age groups. Prizes will be donated by the Concord Farmers' Market and will consist of locally grown goods and products. After-run snacks are provided by the NH Farmers' Market Association and will be all locally grown treats and baked goods.

Directions to the Race

The Park Street side of the State House Green. The race will start and end in this area.

From I-93 take Exit 14 toward Main Street. Take a left at the light on Main Street and the race will begin one block up on your right.

From I-95 take Route 101 West to I-93 go North to Exit 14 and follow the directions above.

From I-89 go south to I-93. Go North to Exit 14 and follow directions above.

