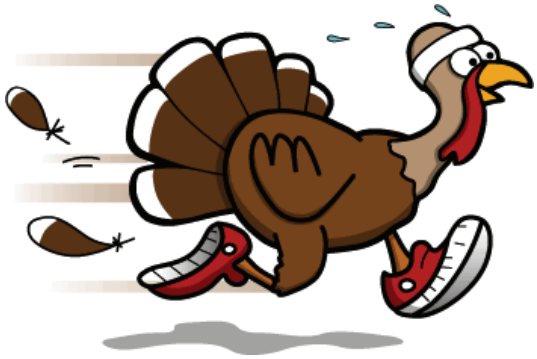
Custom Running Gloves
First 125 Registered Runners!
Who doesn't need Gloves, Right!

Don't Delay,
Register Today!



Predict Your Time
5K Prizes: 25 Deep
Turkeys, Pies & Cider!

FEED THE NEED
PREDICT YOUR TIME 5K TURKEY TROT

Presented By: Stratham Recreation Department, 10 Bunker Hill Avenue, Stratham, NH

Race Questions Contact Lisa Rohr: Rohr.RunRaceSki@Gmail.Com

SATURDAY, NOVEMBER 16th, 2013

9:00am START TIME 5K ~ Kids FUN RUN START 8:30am

Walkers & Run/Jog Strollers are Welcome (for safety, please start at the back of the pack)

All Event Purchased Non-Perishable Food Items Benefit: End 68 Hours of Hunger

Exeter Program Serving the SAU#16 District (Stratham, Exeter, Brentwood, Newfields, Kensington, East Kingston)

~THIS IS A PREDICT YOUR TIME 5K RACE EVENT~

NO watches or distance/timing devices of any kind may be worn during this event. Register today and Predict Your 5K Finish Time on this gentle rolling lollipop 5K course. Run the course and see how close you come to your predicted time! Timed with Overall 5K Results AND Final Predicted Times vs. Actual Time Results. Awards begin once the final Predicted Time Runner/Walker has crossed the finish line. Predicted vs. Actual Times will be calculated based on finish times up to 59Minutes:59Seconds ~ The Finish Line will remain open until ALL runners/walkers finish.

RACE LOCATION: *Stratham Municipal Center, 10 Bunker Hill Avenue, Stratham, NH*

NUMBER PICKUP/REGISTRATION: *7:00am-8:30am (Fun Run, Please Check-in By 8:15am)*

5K COURSE: *Start Bunker Hill Avenue, Left Onto Russell Drive, Right Onto Spruce Lane, Continue Spruce Lane Loop, Right Onto Bunker Hill Avenue and Return to Municipal Center - Left Into Finish Line.*

PRE-REG INVIDUAL $20.00 ~ PRE-REG FAMILY (Min 3 Family Mem) $45.00 (11/14/13) ONLINE REG LINK:
DAY OF REG INDIVIDUAL $25.00 ~ DAY OF REG FAMILY (Min 3 Family Mem) $60.00 www.RunReg.Com/Net/3753

CHECK PAYABLE & MAIL TO: STRATHAM REC. DEPT., 10 BUNKER HILL AVE., STRATHAM, NH 03885

L A S T N A M E **F I R S T N A M E**

A G E **SEX** **PREDICTED 5K FINISH TIME MM:SS FORMAT**

C I T Y **STATE** **PHONE (Emergency)**

SIGNATURE_____ **DATE:** _____

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 Stratham 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.