

**PERFORMANCE CLOTH SHIRTS FOR THE 1<sup>ST</sup> 150 ENTRIES!!!!!!!**

**CATEGORY PRIZES 3 DEEP – GOODIE BAGS – POST RACE RAFFLE**

**19<sup>TH</sup> ANNUAL SANDOWN OLD HOME DAYS  
5 - MILER  
AND KID'S 1K  
SATURDAY AUGUST 13, 2011**

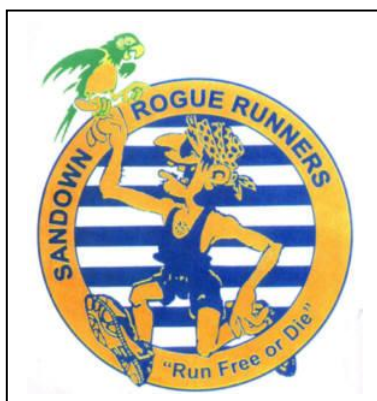
**SPONSORED BY SANDOWN ROGUE RUNNERS AND GREATER DERRY TRACK CLUB**



**PRIME SPONSOR**

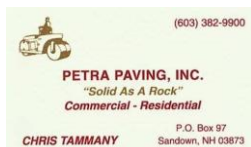
**POST RACE RAFFLE –**

INCLUDING NIGHT FOR 2  
AT THE BOSTON  
COURTYARD BY MARRIOTT



**PRIME SPONSOR**

**RACE SPONSORS:**



**PRODUCT AND PRIZE SPONSORS: COURTYARD BY MARRIOTT**

**TO BENEFIT SANDOWN'S YOUTH ORGANIZATIONS**

**9:00 AM - 5 MILE RACE**

**8:30 AM - KID'S 1K FUN RUN - 11 YRS OLD AND UNDER**

**Fee for Kid's 1K = Donation of A Non Perishable Food Item (s) For  
The Sandown Food Pantry**

**Still a Bargain ENTRY FEE FOR 5-MILER - \$20.00 BEFORE 8/8/11, \$25.00 RACE DAY**

**PERFORMANCE CLOTH SHIRTS FOR THE 1<sup>ST</sup> 150 ENTRIES!!!!!!!**

**19<sup>TH</sup> ANNUAL SANDOWN OLD HOME DAYS  
5 – MILERAND KID'S 1K**

**Saturday AUGUST 13, 2011, 9 AM**

**Sponsored by Sandown Rogue Runners and Greater Derry Track Club**

**8:30 AM – KID'S 1K FUN RUN - 11 yrs old and under**

**Fee for Kid's 1K = Donation of A Non Perishable Food Item (s) For  
The Sandown Food Pantry**

**Still a Bargain ENTRY FEE FOR 5-MILER - \$20.00 BEFORE 8/8/11, \$25.00 RACE DAY**

**RACE INFORMATION: (603) 887-4431, lousrunwalk@gmail.com**

**Online Registration: <https://registration.strands.com/19th-annual-sandown-old-homes-day-5-miler>**

**MAKE CHECK PAYABLE To: SANDOWN OLD HOME DAYS**

**P.O. BOX 555, SANDOWN, NH 03873**

**RACE DAY REGISTRATION OPEN AT 7:30 AM AT FIRE STATION – MAIN STREET**

**(CORNER OF 121A AND HAMPSTEAD RD.)**

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**5-MILER: \_\_\_\_\_ KIDS 1 K FUN RUN \_\_\_\_\_ Email: \_\_\_\_\_**

**Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_**

**Address: \_\_\_\_\_ Town: \_\_\_\_\_**

**State: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Phone #: (\_\_\_\_\_) \_\_\_\_\_**

**Sex: \_\_\_\_\_ (M/F) AGE: \_\_\_\_\_ (on race day) Singlet : SM \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_**

**Clydesdale 190lbs.+ \_\_\_\_\_ Filly (women) 140lbs.+ \_\_\_\_\_**

**Running Club: \_\_\_\_\_ (Required for NH Grand Prix Series)**

**WAIVER DISCLOSURE:** I, the undersigned, for myself and anyone entitled to act on my behalf, hereby assume all risks of participation in the activities even though such risks may arise out of negligence or carelessness on the part of the persons named in this document. Having read this document and understanding the representations made, and in consideration of the acceptance of my entry fee, I, for myself and anyone entitled to act on my behalf, waive and release all sponsors, all governmental bodies, all race directors and any of their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. Athletes who participate in this competition will be subject to formal drug testing in accordance with TAC rules and IAAF Rule 144. Athletes found positive for banned substances, or who refuse to be tested, will be disqualified from this event and will lose eligibility for future competitions. Some prescription and over the counter medications contain banned substances. Information regarding drugs and testing may be obtained by calling the USOC Hot Line at 800-233-0393.

**Signature (parent or guardian if under 18: \_\_\_\_\_ Date: \_\_\_\_\_**

**THIS IS A NEW HAMPSHIRE GRAND PRIX RACE!**