



Registration Information

Entry Fee: Donation. Give whatever you can to The Friendly Kitchen (tax exempt number 02-0354057).

Pre-registration is encouraged.

Please send large amounts of money (Checks payable to Friendly Kitchen) to

Perry Seagroves

13 Godbout Dr.

Concord, NH 03301

Preregistration at NHTI Student Center from 3:45 to 4:45 p.m.

Road Race 5:00 p.m.

Fitness Walk 5:05 p.m.

The road race will be a fast, flat course on paved roads. The fitness walk will be in NHTI's scenic Seekamp Trail. Walkers may elect to participate in either the timed 5K road race or the untimed 3K fitness walk.

For more information contact

Perry Seagroves

pseagroves@ccsnh.edu

School phone 603-271-7753

Home phone 603-225-0645



Event Highlights

T-shirts given to the first 100 registered participants. Preregister to insure your T-shirt.

Prizes given to the top 3 Men and Woman and the top 3 in the following Categories of men and women:

14 and Under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+, NHTI Graduate/Staff.

Top 3 Clydesdale, Male > 190lbs and Filly, Female > 140 lbs

Awesome raffle after the award ceremony

Friendly Kitchen Mission

OUR MISSION

The Friendly Kitchen seeks to provide nourishing meals to the hungry in a warm, caring, and non-discriminating environment through the coordination of community volunteer resources.

Entry Form

Name _____

Address _____

E-mail _____

Male _____ Female _____

Age as of 9/12/2008 _____

Date of Birth _____

Shirt Size S M L X-L

NHTI Graduate/Staff _____

Clydesdale Male >190 lbs _____

Filly Female > 140 lbs _____

I know that participating in the Friendly Kitchen 5K and 3K fitness Walk is potentially a hazardous activity. I also know there may be traffic, and other hazards on the course. I assume any and all other risks associated with participation in an event of this nature including, but not limited to falls, contact with other participants, effects of weather, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry donation, I hereby for myself, heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue and waive release and discharge Friendly Kitchen, NHTI, all sponsors, volunteers, and race officials from any claim or liability for death, personal injury, or damage of any kind or nature arising out of or in the course of participation in this event. This release and waiver extend to all claims of every nature, whatsoever, foreseen, known, or unknown.

Signature _____

Signature of parent if Under 18 _____

Date _____