



# Merrimack Firefighters 5K

Saturday October 9, 2010 9:30 AM

Merrimack, New Hampshire

Starting and Finishing on the  
Merrimack High School Track

To Benefit The Professional Firefighters of  
Merrimack Local 2094 Community Programs

Presented by GT Solar and Produced by



The Merrimack Firefighters 5K Race & Walk is a great home town race. Enjoy running on parts of the Merrimack High School Cross Country course including a start and finish on the state-of-the-art track. Course is a mixture of track, pavement, and grass with 1 challenging hill just before you sprint on the track to the finish line!

**Firefighters and Police Officers are invited to join in our Team Challenge with the top 3 man and 3 women teams taking home bragging rights and Merrimack Firefighters 5K Pint Glasses**

**Pre-Entry Fee: \$16.00 --- Post Entry Fee: \$20.00**

**Colorful Merrimack Firefighters 5K T-Shirts guaranteed to the first 200 entrants  
The top 3 men & women, and the top 2 men and women in 10 year age groups win  
Merrimack Firefighters 5K Pint Glasses!**

**Raffle prizes include: Road House Gift Certs., Saucony Shoes, Residence Inn Stay, Fisher Cats Tickets, Runners Alley Gift Certificate, Common Man Gift Cert., 3CRP Hats & Hanteens, RoadID Kits, FuelBelts, & more!**

**Register On Line at <http://www.3CRaceProductions.com/RacePages/MerrimackFirefighters5K2009.htm>**

For more information call (603) 429-8879; go to

<http://www.3CRaceProductions.com/RacePages/MerrimackFirefighters5K2009.htm>

or email: [michael@3CRaceProductions.com](mailto:michael@3CRaceProductions.com).

Make check payable to the 3C Race Productions

Mail to: Merrimack Firefighters 5K, 160 Amherst Road, Merrimack, NH 03054

Name: \_\_\_\_\_ Circle Gender: M F Age: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Email: \_\_\_\_\_

Fire/Police Dept: \_\_\_\_\_ Circle T-Shirt Size: S M L XL

I know that running is a potentially hazardous activity. I should not enter or run this event unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release 3C Race Productions LLC; the town of Merrimack, NH; the Merrimack New Hampshire School Department; the Professional Firefighters of Merrimack Local 2094; and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. All fees are nonrefundable.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent's Signature if under 18