

NHTI Cross Country

Start your SUPER Bowl Sunday out the right way, by running, jogging, or walking a flat, fast 4 mile race. You know that you need to get some exercise and burn some calories to make up for the rest of the day that will be spent watching the SUPER Bowl and SUPER commercials, and eating way too much SUPER food.. This race is a fundraiser for the NHTI cross country team. The proceeds will help the NHTI cross country team travel to the 2016 USCAA Cross Country championship in Lakeland, Florida You can have a SUPER time running a SUPER race on SUPER Bowl Sunday and you may win a SUPER knitted snow hat. Doesn't that sound simply SUPER?



**Join us for the
4th Down and 4 (Miles)
Super Bowl Super Race**

NHTI Athletics Department
4th Down and 4 (Miles)
Super Bowl Super Race
31 College Drive
Concord, NH 03301

Address Correction Required

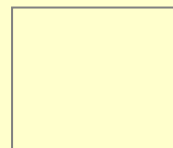


4th Down and 4 (Miles) Super Bowl Super Race

Sunday
February 7, 2016
at 11 A.M.
at Delta Dental
2 Delta Drive
Concord NH



Hosted by Northeast
Delta Dental & NHTI
Cross Country Team



Registration Information

Cost: Make a SUPER Donation to NHTI Cross Country Team

SUPER Prizes: top 3 male & female overall, top 3 in the following age categories: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+, Fillies (140+), and Clydesdales (190+)

SUPER raffle and SUPER goodies to eat.

Pre-registration: Send SUPER donation to Perry Seagroves, NHTI 31 College Dr. Concord, NH 03301

Checks payable to NHTI, Concord's Community College

Enter the Team Competition: Minimum 3 runners to score, times are age/gender handicapped.

Enter online at:
<https://g2racereg.webconnex.com/Super4M2016>



You won't want to miss the following fun road races:

Saturday March 12 - NHTI Concord-Spring Ahead 5K Road Race- also benefits NHTI cross country team.

Capitol Area Race Series (CARS)

Saturday March 26 - Gilmanon (5K)

Saturday April 2 - SEA Road Race in Concord (5K)

Friday April 22- NHTI/Delta Dental Road Race in Concord (5K)

Saturday May 14 - Canterbury Cross Country Challenge (5K)

Saturday June 4- NEDD Run for the Animals (5K)

Sunday June 26-Capital City Classic 10K- Concord

Saturday July 16 - Bill Luti 5 Mile Road Race in Concord (5 mile)

Saturday July 30- Canterbury Woodchuck Classic 5K

Go to www.runcarsnh.com

Entry Form

Name _____

Address _____

Email _____

Male _____ Female _____

Age as of 2/7/2016 _____

Clydesdale Male >190 lbs _____

Filly Female > 140 lbs _____

Team _____

I know that participating in the 4th Down and 4(Mile) Super Bowl Super Race 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 Delta Dental, 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 _____