

NHTI Cross Country

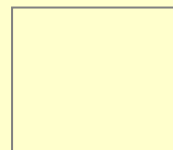
Join us for the *10th Annual Spring Ahead Three Mile Road Race*. Celebrate the time change and the coming of Spring by joining us for a fun race. This race is a fundraiser for the NHTI Cross Country Team. Proceeds will help the team travel to the 2016 USCAA Cross Country Championship at Lakeland FL in November 2016. The days are getting longer and spring is ahead. Come help us to celebrate this time for renewal and do not forget to “spring ahead” with your clock!



**Join us for the
10th Annual
Spring Ahead
5K Road Race**

Perry Seagroves
6th Annual Spring Ahead 3 Mile Road Race
31 College Drive
Concord, NH 03301

Address Correction Required



10th Annual Spring Ahead 5K Road Race At NHTI

Saturday
March 12, 2016
11 A.M.
NHTI
Student Center
Concord NH



Hosted by NHTI
Cross Country Team

Registration Information

Cost: Make a generous donation to the NHTI Cross Country Team.

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+)

Awesome raffle after race

Checks payable to **NHTI Concord's Community College**, Send payment and registration to Perry Seagroves, NHTI, 31 College Drive, Concord, NH 03301.

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

Enter online at:

<https://g2racereg.webconnex.com/springahead3M2016>



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

Capitol Area Race Series (CARS)

Saturday March 26 - Gilmanton (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 in Concord.

Sunday June 26- Capital City Classic 10K in Concord

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

Saturday July 30 - Canterbury Woodchuck 5K

For more info see www.runcarsnh.com or contact either Tom Walton at twalton@nedelta.com or Perry Seagroves at pseagroves@ccsnh.edu

Entry Form

Name _____

Address _____

Email _____

Male _____ Female _____

Age as of 3/12/2016 _____

Clydesdale Male >190 lbs _____

Filly Female > 140 lbs _____

Team: _____

I know that participating in the 5th Annual Spring Ahead 3 mile 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 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 _____