

## NHTI Cross Country

Join us for the *12th Annual Spring Ahead 5K Road Race*. IT WILL BE WARMER THAN LAST YEAR! Celebrate 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 2018 USCAA Cross Country Championship at **Virginia Beach** in November 2018. The days are getting longer and spring is ahead. Let run a race to celebrate!



**Join us for the  
12th 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

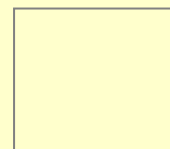


## 12th Annual Spring Ahead 5K Road Race At NHTI

Saturday  
March 3, 2018  
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.



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

### Capitol Area Race Series (CARS)

Saturday March 31 - Gilmanton (5K)

Saturday April 7 - SEA Road Race in Concord (5K)

Friday April 20 - NHTI/Delta Dental Road Race in Concord (5K)

Saturday May 12 - Canterbury Cross Country Challenge (5K)

Saturday June 9- NEDD Run for the Animals in Concord.

Saturday June 23- Capital City Classic 10K in Concord

Saturday July 21 - Bill Luti 5 Mile Road Race in Concord

Saturday July 28 - Canterbury Woodchuck 5K

For more info see [www.runcarsnh.com](http://www.runcarsnh.com) or contact either Tom Walton at [twalton@nedelta.com](mailto:twalton@nedelta.com) or Perry Seagroves at [pseagroves@ccsnh.edu](mailto:pseagroves@ccsnh.edu)

## Entry Form

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Email \_\_\_\_\_

**Male** \_\_\_\_\_ **Female** \_\_\_\_\_

**Age as of 3/10/2018** \_\_\_\_\_

**Clydesdale Male >190 lbs** \_\_\_\_\_

**Filly Female > 140 lbs** \_\_\_\_\_

**Team:** \_\_\_\_\_

I know that participating in the 5<sup>th</sup> 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 \_\_\_\_\_