

# FOX POINT SUNSET 5 MILE ROAD RACE

Please complete information below, sign waiver and return with your check:

Additional forms available at  
[www.newington.nh.us/race.htm](http://www.newington.nh.us/race.htm)

NAME \_\_\_\_\_  
STREET \_\_\_\_\_  
CITY, ST, ZIP \_\_\_\_\_  
PHONE \_\_\_\_\_  
EMAIL \_\_\_\_\_

Circle: MALE FEMALE DOB \_\_\_\_\_  
AGE ON RACE DAY \_\_\_\_\_

HOW DID YOU HEAR ABOUT US?  
\_\_\_\_\_

\_\_\_ I would like to make an additional donation of  
\$ \_\_\_\_\_ to the Newington School Supporters.  
(Please include donation with race fee).

MANDATORY RELEASE: I know that participating in a road race can potentially be hazardous and that I shouldn't enter and run unless I am medically able and properly trained. I also know that traffic will more than likely be encountered along the route and I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, effects of the weather (i.e. high heat and humidity), and the conditions of the roads. I am knowledgeable about said risks and assume all responsibility. Understanding these facts, I hereby, (for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf) agree not to sue, and release the Newington School Supporters, Town of Newington, Newington Police, Race Officials, Volunteers, any and all sponsors, including their agents, employees, assigns, or anyone acting on their behalf, from any and all claims of death, personal injury, or property damage of any kind arising from participation in the race. This release and waiver extends to any claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown.

Signature \_\_\_\_\_  
Parent or Guardian if under 18

Date \_\_\_\_\_

All forms must be signed! One name per form, copies accepted.

## RACE DETAILS

**Sunday, September 19, 2004**  
**5:00 pm start**

- ❖ USATF Certified course #NH02013WN
- ❖ Non-competitive walkers welcome
- ❖ No pets please

### REGISTRATION

**Race Day:** 3:30 –4:30 at the Newington  
Town Hall  
**5 mile race:** \$15 thru Sept 9, \$18 thereafter  
**Fun Run:** Free

**Additional forms available at**  
**[www.newington.nh.us/race.htm](http://www.newington.nh.us/race.htm)**

Make checks payable to:  
NEWINGTON SCHOOL SUPPORTERS  
Mail to: NSS  
133 NIMBLE HILL ROAD  
NEWINGTON, NH 03801  
Any questions: (603) 427-0762

### T-SHIRTS

100% cotton multi-color **long-sleeve T-shirts**  
will be given to first 100 registrants at the race.

### PARKING

Newington Town Hall Nimble Hill Road  
or  
Thermo Electron Corp Nimble Hill Road  
(1/2 mile from start)

### SCORING

Professional race management and results  
provided by Granite State Racing Services.  
Results posted at [www.coolrunning.com](http://www.coolrunning.com)

## DIVISIONS

◆14 & under ◆15-19 ◆20-29 ◆30-39  
◆40-49 ◆50-59 ◆60-69 ◆70 and over  
◆Newington Residents

## PRIZES

Five Mile Run:

**1<sup>st</sup> overall M/F: \$150**  
**2<sup>nd</sup> overall M/F: \$ 75**  
**3<sup>rd</sup> overall M/F: \$ 50**

Division Winners Awards

Fun Run:

Awards to top boy and girl in each division  
(ages 7-8, 9-10, 11-12)

## RAFFLE:

Fantastic raffle with over \$1000 in prizes!  
Buy tickets at the race.

## DIRECTIONS

From South: Rte 95N to Exit 4 (Rte 16, Spaulding Tpke.) Exit 4 (Newington Village). Bear left, follow road back onto Rte 16 South. Exit immediately onto Nimble Hill Road. Approx. ½ mile to Town Hall.

From North: Rte 16S (Spaulding Tpke.) Exit 4, Nimble Hill Road. Approx. ½ mile to Town Hall.

## VOLUNTEERING

If you would like to volunteer, please call  
(603) 427-0762

## COURSE DESCRIPTION

A scenic 8K (five mile) course through historic Newington village streets, with water views and challenging hills. Course route goes along the oldest town forest in the U.S. as well as Great Bay.

Special Thanks to:  
Newington Fire Fighters  
Newington Police Dept  
Browning Harvey Ltd

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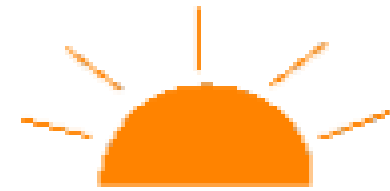
## OUR SPONSORS



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ChiropracticUSA



2004

**FOX POINT  
SUNSET  
5 MILE  
ROAD RACE  
& Fun Run**

**SUNDAY, SEPTEMBER 19**

**5:00 pm – 5 mile run**

**6:00 pm - fun run  
(Ages 7-12)**

**NEWINGTON, NH**

Hosted by the Newington School  
Supporters

All proceeds to benefit the  
Newington Public School Playground Plan