

# 8th Annual Epsom, NH Old Home Day

**4 Mile Road Race**

**2 Mile Walk**

**Sponsored by Northeast Delta Dental**

**Date/Time:** Sunday August 13, 2017 at 8:30 AM

**Start/Finish:** Webster Park – 430 Suncook Valley Highway – 2 miles South of the Epsom Traffic Circle on Rt 28 on left – across from Concord Homes.

**Fees:** **\$20** for pre-registered runners - **\$15** for walkers **RACE DAY** - **\$25** runners **\$20** walkers

**T-shirts:** Short sleeve shirts to all who register by July 29<sup>th</sup>

**Course 4 Mile Run:** New out and back course measured by Bob Kennedy on June 2, 2017. Same start and finish in Webster Park but miles 2 and 3 are flatter and faster!

**USATF Certificate #NH1700BK 2 Mile Walk:** Flat out and back to Odd Fellows Hall.

**Other Race Features:** Post race food, awards and raffle, 5K Sports Timing, **Andy Schachat** of “Announcers on the Run” will be handling the microphone!

**Register on-line:** – No added fees!

<http://running4free.com/RaceDetails.aspx?raceid=286>

All proceeds benefit the continued cleanup of Webster Park that was hit by a microburst on 9/11/16 that took down about 100 trees!

Registration Form – Please Print Clearly Waiver must be read and signed before mailing:

In consideration of the foregoing, I, myself, my heirs, executors, and administrators, hereby waive and release the Epsom Old Home Day Association, the Town of Epsom and any and all claims for damages, demands and actions arising in any manner as a result of my participation in said road race and complimentary events including, but not limited to any injuries I might suffer. I acknowledge that I am aware of the inherent risks in participating in an athletic event of this type. I attest and verify that I am physically fit and have sufficiently trained for the completion of this race and a licensed medical doctor has verified my physical condition. I understand that the entry fee is nonrefundable and the numbers are non-transferable. The race director reserves the right to reject any entry or to issue invitations. I certify that I am at least 18 years of age and this is my legal signature,

**Name:** \_\_\_\_\_ **Sex :** M or F **Age:** \_\_\_\_ **Birth**

**Date:** \_\_/\_\_/\_\_

**E-Mail:** \_\_\_\_\_ **Phone:** \_\_\_\_\_ **Circle:** **Runner or**

**Walker**

**Street:** \_\_\_\_\_ **City/State** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Signature:**(Parent/Guardian if under 18) \_\_\_\_\_ **T-shirt:** Adult S M L XL

**Make checks payable to: “The Epsom Old Home Day Association”**

**Return the bottom of this form and entry fee to:**

Don and Wendy Yeaton, 11 Bly Ave, Hudson Falls, NY 12839 dryrun262@msn.com