8th Annual ~ Exeter High School
EHS Kick'n into Gear 5K Road Race
Saturday September 19, 2015 ~ 8:30am START

Classic 5K Race at EHS with Official Chip Timing
Presented By and Proceeds Benefit: EHS Boys Soccer Boosters
1 Blue Hawk Drive, Exeter, NH 03833 ~ "Home of the Blue Hawks"

COURSE: Start loops around EHS, out emergency exit, right onto Old Town Farm Road, right onto Route 27, right onto Blue Hawk Drive, loop to rear parking lot and enter the track for final 400m lap to the finish line. Fast and flat!

REGISTRATION & NUMBER PICKUP:
Exeter High School Track, 1 Blue Hawk Dr., Exeter, NH
From 7:00am to 8:00am

FACILITIES: Restrooms located in EHS Stadium. No changing facilities. Come prepared to run.

TECH T-SHIRTS: First 150 Registered Runners
Arrive early race day for best size selection.
Pre-register by Aug 30 to assure shirt size.

PRIZES:
1st, 2nd, 3rd Male/Female Overall
First Male/Female EHS Student
First Male/Female EHS Coach/Staff/Faculty

EXETER HIGH SCHOOL TEAM CHALLENGE:
EHS Teams Compete for a $150 Food Gift Certificate
Scoring based on the proportionate number of runners from each team category that register, run & finish!

WATER STATION: at Mile 1.5
(At end of Old Town Farm Road)

ENTRY FEE:
$15.00 **SAU 16 Students**
$25.00 Pre-Entry Online All Other Runners
$30.00 Race Day Entries
Online registration closes September 17, 2015

NOTE: Runners stay to the right side of road at all times. Run strollers & walkers welcome (please start in the back). For runners' safety, use of head phones and ear phones is discouraged. No dogs or bikes allowed.

Checks Payable/Mail To: EHS Boys Soccer Boosters, PO Box 550, Stratham, NH, 03885
Contact: Carol LaPlante at EXETER5K@GMAIL.COM or 603-770-7575
REGISTER ONLINE: http://www.lightboxreg.com/ Keyword: EHS

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In consideration of this entry accepted, I hereby for myself, my heirs, executors, administrators, waive and release any and all rights and claims for damages that I may have against the organization holding this race and the Town of Exeter for any and all injuries suffered by me in this race. I attest and certify that I am physically fit and have trained sufficiently for competition in long distance road races.

NAME: _____ Male / Female (circle one) day of race AGE: _____

ADDRESS: _____ Email _____
street town state

Are you an EHS STUDENT: YES / NO (circle one) Are you EHS COACH/STAFF/FACULTY: YES / NO (circle one)

Adult Shirt size S / M / L / XL (circle one)

Signature x _____ (Parent's Signature if Under 18)

EHS TEAM CHALLENGE: Scoring proportionate to team size & # of participants ~ Most team runners = Best chance to win!
* If you are unsure of team placement when submitting this application, simply circle the "OTHER category" and we will confirm & adjust on race day.

Boys Soccer: Freshman / JV Blue / JV White / Varsity (circle one)

Girls Soccer: Freshman / JV Blue / JV White / Varsity (circle one)

Field Hockey: Freshman / Junior Varsity / Varsity (circle one)

Football: Freshman / Junior Varsity / Varsity (circle one)

Cross Country: Boys / Girls (circle one) Volleyball: Junior Varsity / Varsity (circle one)

OTHER EHS Team or Club: _____