

BEECH RIVER RUN

5k Road Race and Health Walk



July 11, 2009

Check In Time 7:30 a.m.

Start Time 8:30 a.m. 5k Race/Walk

10:00 a.m. Kids Fun Run

**Beech River at Annie Nichols Road
Center Ossipee**

\$10 pre-registration fee (received by June 30th)

\$15 race day registration

Health Walk \$5 Individual \$15 Family

Kids Fun Run \$1

**registration forms available at:
Ossipee Recreation Department
Ossipee Town Hall
Ossipee Main Street
OCC**

M & V Convenience Store

www.whitemountainmilers.com

Proceeds will benefit Ossipee Main Street projects including the gazebo

**Sponsors: Beech River Mill, Laconia Savings Bank, M & V Convenience Store,
Northway Bank, ValuLand, & Whittier House Restaurant**

The Ossipee Main Street Program presents the:

2nd Annual Beech River Run 5k Health Walk & Kids Fun Run July 11th, 2009

Race Date: July 11, 2009

Check In Time: 7:30a.m. – 8:15a.m.

Start Time: 8:30a.m. - 5k Race/ Walk
10:00a.m. - Kids Fun Run

Where: Beech River Mill - Rt.16B & Annie Nichols Rd.

The Course: The race will begin off Rt. 16B at the intersection of Annie Nichols Rd. (Beech River Mill). Follow Rt. 16B to Huckins St. Turn left up the only hill on the course to Main St. Follow Main St. to Dore St. Enjoy this rolling section to the turn around. This last section of the race is along the Beech River on Annie Nichols Rd. The finish will be before Rt. 16B. There will be 2 water stations.

Entry Fee: Run \$10.00(Received by June 30th) \$15.00 (Race Day Registration)
Health Walk \$5.00 Individual \$15.00 per Family Kids Fun Run \$1.00
Checks Payable to: Ossipee Main Street Program, P.O. Box 66, Center Ossipee, NH 03814

Awards: A special award to the 1st Place Men's and Women's finisher. All participants will receive a finisher ribbon.

Questions: Vince Vaccaro, Race Director 603-520-8268 or vaccarov13@hotmail.com

Name: _____ Age: _____ Sex _____

Address: _____ Runner _____ Walker _____

Family : _____ E-mail: _____

Release and Waiver: I assume all risks associated with running/walking in this event. In consideration of your accepting this entry, I hereby for myself and my heirs, executors, or administrators waive and release all rights and claims for damages I may have against the Ossipee Main Street Program, Town of Ossipee, any sponsors, all race officials and volunteers, and any other individuals or organizations associated with this event, for any death, personal injury, or property damage arising from or in the course of my participation in this event,

Signature: _____ (Parent/Guardian if Under 18)