

# THE SALMON RUN 5K

Salmon Run 5K & FuRPLe Fun Run | Saturday, September 22, 2018 | Rollinsford, NH



All proceeds go to the Rollinsford Public Library to fund community programs and events.

## Race Day Timeline:

- 9:00 am 5K and Fun Run registrations open
- 9:30 am FuRPLe Fun Run begins!
- 9:45 am 5K registration closes
- 10:00 am 5K start
- 11:00 am 5K awards ceremony (post last 5K walker)

**Location:** Race day registration will be located at the Rollinsford Grade School, 487 Locust Street, Rollinsford, NH

**Awards (5K Run):** U-12, 12-14, 15-19, 20-29, 30-39, 40-49, 50+

**Race shirts:** Free to the first 100 5K registrants and 25 Fun-Runners!

**More info:** [theSalmonRun5K.org](http://theSalmonRun5K.org) Preregistration closes on 9/21

Complete the form below, or register online at: [theSalmonRun5K.org](http://theSalmonRun5K.org)

Name: First \_\_\_\_\_ Last \_\_\_\_\_ Gender: \_\_\_\_\_

Age (as of 9/22/18) \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

I'm registering for:	5K Run	5K Walk	FuRPLe Fun Run			
Registration Fee:	5K before 9/10 \$20	5K after 9/10 \$25	18/under 5K: \$15	FuRPLe Fun Run: \$5		
5K T-shirt:	Kids' Large	XS (32-34)	S(35-37)	M(38-40)	L(41-43)	XL(44-46)
Fun Run T-shirt:	XS (4)	S(6-8)	M(10-12)	L(14-16)	XL(18-20)	

Make checks payable to: **Friends of the Rollinsford Public Library**

Mail form to: **Rollinsford Public Library ATTN: Alison Cullity, FRPL  
PO Box 70, Rollinsford, NH 03869**

**Mandatory Release:** I know that running a road race is a potentially hazardous activity. I should not enter and participate unless I am medically able and properly trained. I also know that, although race marshals will be provided, there will be traffic on the 5K course route. I assume the risk of running/walking in traffic. I also assume any and all other risks associated with participating in this event, including but not limited to falls, contact with other participants, weather, including high heat and/or humidity, and the condition of the roads and trails, all such risks being known and appreciated by me. Knowing these facts and in consideration of your accepting my entry fee, I hereby for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge the Friends of the Rollinsford Public Library, the Town of Rollinsford, Rollinsford 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 or nature whatsoever arising out of, or in the course of, my participation in this event. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(parent/guardian must sign for children under the age of 18)