

ALTON OLD HOME WEEK 5K ROAD RACE

Saturday, August 11, 2018
Alton Bay, NH



LAKE WINNIPESAUKEE



Food and Music!



Kick off Old Home Week with a scenic run through Alton Bay!

CO-SPONSORED BY:





ALTON OLD HOME WEEK 5K ROAD RACE



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RACE DAY

Saturday, August 11, 2018 – rain or shine

7:30-8:30AM – Pre-registered racer check-in, shirt pick-up, and same-day race registration

9:00AM – Race begins!

Post-race – Refreshments, awards and raffles for all paid participants

SCENIC START/FINISH

The race will start and end in the parking lot adjacent to the Alton Bay Bandstand overlooking beautiful Lake Winnepesaukee.

GPS address: 58 Mount Major Highway (Rte 11), Alton Bay, NH 03810

COURSE INFORMATION

ChronoTrack computerized chip timing provided by Granite State Race Services. USATF-certified course through Alton. Scenic, slightly varying paved course – flat/downhill with one moderate incline. Every mile is marked, with water provided at the 1.5 mile mark and finish area.

AGE DIVISIONS FOR AWARDS

9 & under • 10-14 • 15-19 • 20-29 • 30-39
• 40-49 • 50-59 • 60-69 • 70 & over

PRIZES

- ◆ Overall male/female runner
- ◆ Top male/female runner in each age division
- ◆ First Alton male/female runner
- ◆ Teams: running club & family/fun teams

PARKING OPTIONS

- ◆ On-street parking along Route 11
- ◆ At the Town Beach on Route 28A
- ◆ Overflow parking at Jones Field on Letter S Rd

REGISTRATION COST

- ◆ \$20 if pre-registered by July 15
\$25 if choosing tech shirt option by July 15 (if mailed, must be postmarked by July 15)
- ◆ \$25 if registered after July 15 or on race day
- ◆ Registration fees are non-refundable

CHOOSING YOUR SHIRT

- ◆ A unisex long-sleeve **cotton** shirt will be available to all paid participants who have registered by July 15
- ◆ A unisex long-sleeve **polyester tech** shirt can be chosen (instead of the cotton shirt) for an **additional \$5** to all paid participants who have registered by July 15 (no youth sizes available)
- ◆ When choosing your shirt size, order very carefully, as there will be no exchanges

OTHER IMPORTANT STUFF

- ◆ The race course accommodates all abilities, and walkers are welcome.
- ◆ For safety purposes, baby joggers, strollers, bikes, dogs & skates/boards are prohibited.
- ◆ Traffic control and ambulance personnel will be stationed along the route.
- ◆ Medical aid will be provided at the finish area.
- ◆ Post-race refreshments for paid participants will be offered near the finish line.

TEAMS AND FAMILY GROUPS

Team participation is encouraged and awarded! Pick a unique team name. Wear the same colored shirt or socks! Get creative! Invite your family, friends, social organization or school club to form a team. Make it fun to run! (See eligibility details on this flyer.)

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3 WAYS TO PRE-REGISTER:

- 1 Complete this form and mail it with your check payable to **Town of Alton** to:
Alton Parks and Recreation Dept.
PO Box 659
Alton, NH 03809
- 2 Drop off completed form and payment in person at:
Alton Parks and Recreation Dept.
328 Main Street, Alton Bay, NH
(AVAS Public Park, across from Levey Park)
- 3 Register online and pay by credit card at www.lightboxreg.com/alton5k2018.
(additional online processing fee per applicant)

Please complete **ALL** fields legibly and remember to **sign the Waiver and Release of Liability below.**

Last Name First Name MI

Valid MAILING Address, City/Town, State, Zip Code

() - _____ Gender: _____
Best Contact Phone M / F Date of Birth

Email address Age on 8/11/18

- CHOOSE ONE SHIRT AND ONE SIZE ONLY -

Cotton shirt size if \$20 registration fee paid by 7/15:

YS YM YL S M L XL

Poly Tech shirt size if \$25 registration fee paid by 7/15:

XS S M L XL

Team Name (if applicable): _____

WAIVER AND RELEASE OF LIABILITY

Participation in the 5K Race may involve risk of injury including, but not limited to, sprains, torn muscles, cramps and heat exhaustion. By signing this form as a participant or parent/guardian, I attest and verify that I have full knowledge of the risks involved, and that I am, or my child is, physically fit to participate in this 5K Race. For myself, my heirs, executors and administrators, I hereby waive and release all rights and claims against the Town of Alton for any and all liability in case of death or injury during participation in this race.

Adult Signature Date Signed

check if under 18; parent/guardian must sign for minor)

Teams & Family Groups

Guidelines for forming a team:

- ◆ You must have a minimum of three (3) members in your team or family group to be eligible for team prizes.
- ◆ There will be two categories awarded: one for established running clubs, and one for fun teams or family groups.
- ◆ For established running clubs, each member of your team should use the name of that club when they register.
- ◆ For fun teams and family groups, pick a unique team name, and make sure everyone in your group uses that team name when they register.
- ◆ Teams will be awarded using age-graded scoring.
- ◆ Members of teams and family groups are still eligible to win individual prizes in their age and gender categories.
- ◆ Be creative and have fun!



Volunteers are needed.
Spots are limited.
Call today.

ChronoTrack Timing

Your number bib is your timing device, so it's important to wear it properly for the most accurate results. When attaching your bib to your running shirt, be sure it is:

- ◆ clearly visible on the front of the torso
- ◆ unaltered or unmodified (do not fold or wrinkle)
- ◆ pinned in all four corners
- ◆ not covered with jackets, runner belts, water bottles, etc.



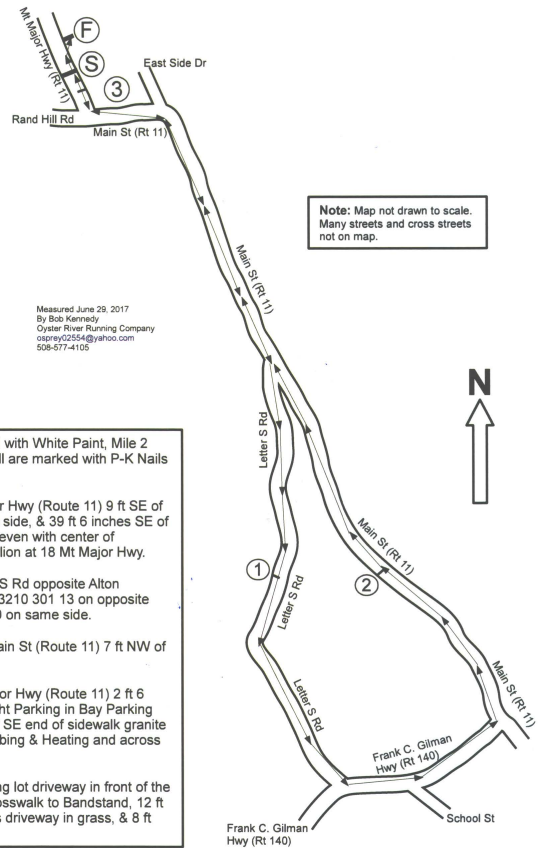
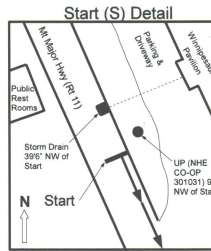
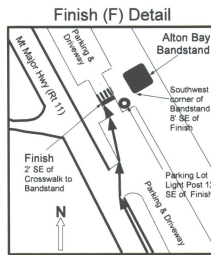
COURSE MAP

Alton 5K Race

Alton, New Hampshire



USATF Certificate NH17008BK
 Effective July 5, 2017 to December 31, 2027



Start, Finish and Miles 1 & 3 marked with White Paint, Mile 2 marked with White & Yellow Paint, all are marked with P-K Nails (UP = Utility Pole).

Start: On northeast side of Mt Major Hwy (Route 11) 9 ft SE of UP (NHE CO-OP 30103 1) on same side, & 39 ft 6 inches SE of Storm Drain on same side, which is even with center of entrance to the Winnepesaukee Pavilion at 18 Mt Major Hwy.

Mile 1: On northwest side of Letter S Rd opposite Alton Highway Dept about 65 ft NE of UP 3210 301 13 on opposite side, and 42 ft NE of Fire Hydrant 79 on same side.

Mile 2: On the southwest side of Main St (Route 11) 7 ft NW of front door for 193 Main St.

Mile 3: On northeast side of Mt Major Hwy (Route 11) 2 ft 6 inches NW of "No Trailer or Overnight Parking in Bay Parking Lot" sign on same side, & 42' NW of SE end of sidewalk granite curb at entrance to Mahoney's Plumbing & Heating and across from Jay's Miniature Golf Course

Finish: On southwest side of parking lot driveway in front of the Alton Bay Bandstand, 2 ft SW of Crosswalk to Bandstand, 12 ft NW of Parking Lot Light Post across driveway in grass, & 8 ft NW of SW corner of Bandstand.

Contact information:

Alton Parks and Recreation Department
 328 Main Street (A.V.A.S. Public Park)
 PO Box 659
 Alton, NH 03809
 603.875.0109 / Fax: 603.875.0242
email: parksrec@alton.nh.gov
website: www.altonparksandrecreation.com

