

# ALTON PARKS & RECREATION

# 2022 SUMMER BROCHURE

“Creating Community Through People, Parks and Programs”

603-875-0109 ~ [parksrec@alton.nh.gov](mailto:parksrec@alton.nh.gov) ~ [www.altonparksandrecreation.com](http://www.altonparksandrecreation.com)



**SUMMER CAMP!**

**DROP IN SPORTS!**

**CRAFTS IN THE PARK!**

**TINY TOTS PLAYGROUP!**

**SCAVENGER HUNT!**



## Water Bandstand Committee:

Water Bandstand Concert – Aug 10

Water Ski Show – Aug 20

## Old Home Week Committee:

Lots of fun events including the Block Party! Old Home Week booklet with detailed events will be available in July.

# ACTIVITIES AND CLASSES FOR ADULTS

## **Adult Pickleball:** (Ages 18+)

Liberty Tree Park Tennis/Pickleball Courts: (Free)

Pickleball is a paddle sport that combines tennis, ping pong and badminton. Benefits of playing include improved coordination, balance, muscle strength and endurance. This outdoor program will be ongoing through the fall, weather permitting. To register to play, please use the Pickleball Information and Registration Link at [www.altonparksandrecreation.com](http://www.altonparksandrecreation.com).

Reserved Court Time: Sunday-Friday, 8:00am-11:00am

Courts are reserved for Pickleball activities. Non-organized play participants need to supply their own equipment. Those who have their own nets can use the basketball courts that are lined for Pickleball.

Organized Play for Experienced Players: Mondays, Wednesdays, Fridays and Sundays, 8:00am-11:00am.

Sign up and join Alton's Pickleball community with organized doubles and mixed doubles games, use registration link.



## **Yoga Sculpt Class:** Wednesdays, 6/1-8/31, 6:30pm-7:30pm, Instructor Sheila Marston

Alton Bay Community Center – (\$12 drop in fee or \$40 for 4 weeks) A new energetic class offered this summer. This is a unique combination of vinyasa, strength training, cardio & core. Combining traditional yoga poses with free weights. Class will end with stretching and savasana. You'll leave feeling strong and amazing. Modifications will be offered. This will be an all levels class. Bring two sets of weights 2 or 3 lbs. And a heavier set 5 lbs. Text or call Sheila at 603-978-5084 for more information.



## **Line Dancing:** Thursdays, 6/16-8/25, 1:30pm-2:30pm

Alton Bay Community Center – (\$3 for Summer Season) Line dancing is great exercise and a lot of fun in our air-conditioned building! Learn new dances every week. All abilities are welcome.



## **Bootcamp by the Bay:** *Core Dynamix*, Saturdays starting 6/4, 8:00am

Gazebo at the Bay - \$140 for the summer, (June, July, August), or \$15 per class. Mostly bodyweight exercises that will include a combination of strength and endurance. Bring water, towel optional, and a signed waiver required. Please RSVP no later than May 28<sup>th</sup>! Call, email, or text Heather at Core Dynamix – 603-455-8981 or [coredynamixnh@outlook.com](mailto:coredynamixnh@outlook.com).



## **Senior Activities:**

A variety of programs, classes and activities are offered at the Pearson Road Community (Senior) Center. Center hours are Monday-Friday from 8:00am-1:30pm. Call 603-875-7102 for more information on current offerings.



To register for a program, fill out the registration form on the back.

You can also contact Parks and Recreation at 603-875-0109 or [parksrec@alton.nh.gov](mailto:parksrec@alton.nh.gov).

# ACTIVITIES AND CLASSES FOR YOUTH/TEENS

## Lil Picassos: Tuesdays, 6/21, 6/28, 7/5, 10:00am-11:00am

Alton Bay Community Center – (\$5 per day) Ages 3-5. Join us and explore the world of art with your toddlers. A fun, dynamic way for Pre-K children to develop their own creativity, sharpen fine motor skills, and build confidence while meeting new friends. We will have fun with finger painting, sculpture making, and other sensory art projects. Register by Monday, June 20.



## Tiny Tots Playgroup: Thursdays, 6/23, 6/30, 7/7, 10:00am-11:00am

B&M Park – (\$5 per day) Ages 3-5. Join us at the park for fun games and activities to play, while parents and caregivers supervise and socialize. Register by Monday, June 20. \*Weather dependent.



## Totally Fun Thursdays: Thursdays, 6/23, 6/30, 7/7, 12:00pm-2:00pm

B&M Park – (\$5 per day) Ages 6-11. Join the Parks and Recreation Department for a fun afternoon program full of games, crafts, and outdoor play! Including water games, cooperative games, scavenger hunts, hikes, slime, etc. Snack will be provided, please pack a bathing suit, sunscreen, and water. Register by Friday, June 17.



## Creative Cooking Class: Wednesdays, 6/29, 7/6, 7/20, 1:00pm-2:30pm

Alton Bay Community Center – (\$10 per class) Ages 12-15. In this cooking class, you can be creative and customize your very own recipe! Each session will have a simple recipe, and it's up to you to choose from the numerous ingredients to make it delicious! Bring your friends, and have some fun! Register by Thursday, June 23.

6/29: Overnight Oats!      7/6: Burrito Bowls!      7/20: Pasta Salad!



## Teen Night Yard Games: Fridays, 6/10 & 6/24, 6:00pm-7:00pm

Alton Bay – (Free) Ages 12-15. Each week we will offer traditional lawn games to play! Register in advance.

6/10: Corn Hole & Volleyball (Register by 6/6)

6/24: Can Jam & Spike Ball (Register by 6/20)



**FYI:** A self-serve cleat swap is available in the front lobby of the Parks and Recreation office. Cleats in good condition can be picked up or dropped off during normal working hours.



## Revs United Soccer Camp & Basketball Camp

For more information, visit:

<https://bit.ly/RevsSoccerCamp>

<https://bit.ly/RevsBasketballCamp>



To register for a program, fill out the registration form on the back.

You can also contact Parks and Recreation at 603-875-0109 or [parksrec@alton.nh.gov](mailto:parksrec@alton.nh.gov).

# SUMMER CAMP

Alton Bay Community Center – (Early bird registration by June 3: \$150 for one week or \$275 for both weeks; after June 3, camp cost is \$175 for one week or \$300 for both weeks) Camp is open for ages 7-11. Registration for both camps includes themed activities, daily crafts, games, supervision and lots of fun! Please bring a bag/cooler lunch each day with drinks and snacks, and a bathing suit and towel for swimming in the Lake. Remember to register by June 3 for a discounted rate. Registration deadline is June 17.

## Movie Week: Monday-Thursday, 7/11-7/14, 9:00am-4:00pm



It's time to hit the movie screen and dive into the world of superheroes and big screen villains. Become a wizard from the school of Hogwarts and create cool potions with your magic wand. Join the light saber battle of the bubbles where the Dark Side and Jedi Force compete for the prize. Decorate a movie cup cake and play Disney Trivia. Play a round of Mini Golf and go snorkeling for lost treasure. Enjoy a pizza party, Little Jimmies Italian Ice and play all day at the Bay. Sunshine, fresh air and lots of fun at this exciting camp week.

## Adventure Week: Monday-Thursday, 8/1 - 8/4, 9:00am-4:00pm



Adventure awaits you every day at this camp starting with finding your way out of the Breakout Escape Room. Join in games like Color Wars, make Tie Dye shirts, Hike Levey Park and team up to do the Scavenger Hunt in Alton Bay. We will build monster sand castles, play water games, snorkel for treasures, make ice cream sundaes and have a pizza party. Every day is an adventure at this fun outdoor camp!



# OLD HOME WEEK

*The Alton Old Home Week will take place August 12 – August 21. Exciting events are being planned, and further details can be found in the Old Home Week Flyer that will be available in July.*

5K Road Race: Saturday, 8/13, 9:00am

Craft Fair: Saturday, 8/13, 9:00am-5:00pm, Sunday, 8/14, 10:00am-3:00pm

Bittersweet Concert: Saturday, 8/13, 7:00pm-9:00pm

Fireworks: Saturday, 8/13, 9:00pm, \*Rain Date 8/14, 9:00pm

Cribbage Tournament: Sunday, 8/14, 1:00pm

Water Ski Show: Saturday, 8/20, 3:00pm, \*Rain Date 8/21, 3:00pm

Saxx Roxx Concert: Saturday, 8/20, 7:00pm-9:00pm



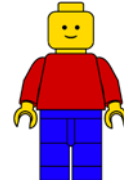
To register for a program, fill out the registration form on the back.

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# VIRTUAL ACTIVITIES

## Lego Building: Tuesdays, 7/5 – 7/26

Have spare Legos laying around? Let's put them to use! Each week during the month of July we are going to challenge you to build your best Lego creation. We will give you the inspiration, and let your imagination do the rest! Send a picture of your creation, and we will share your masterpiece on our social media pages to inspire others. Happy building!



## Technology 101 Workshop: Tuesday, 7/19, 10:00am-11:00am

(Free) All ages welcome. Want to learn tips and tricks on technology you use every day? Send us questions that you'd like answered during the workshop at [parksrec-asst@alton.nh.gov](mailto:parksrec-asst@alton.nh.gov). Topics covered: iPhone, camera, Siri, games, face timing, etc. Register by Monday, July 18 to receive the Zoom link.



## Virtual Pet Show: Friday, 7/22

Share the love you have for your pets by sending us a picture to be included in an album on our Facebook Page! Send us a picture of your pet by Monday, July 18 to be featured.



## Virtual Art Show: Friday, 7/29

Calling creators of all kinds, show off your artwork through a community Virtual Art Show! All art will be accepted such as painting, sculpting, woodworking, photography, knitting, etc. Take a picture of your art, and send it to us by Monday, July 25. The final presentation will be posted on our Facebook page, and website on Friday, July 29.



## Creative Corner: Wednesdays, 8/3-8/31

Every Wednesday, Parks and Recreation will post a new craft tutorial on our social media pages. Follow along at home, and send us a picture of your finished project, and we will share your masterpiece on our social media pages to inspire others. Happy crafting!



## Community Cookbook

Proud of something you make? Looking for something new? Let's work together and create an Alton Community Cookbook! Send us your favorite recipe to be included in the Cookbook. Pictures are encouraged, as well as a story around your recipe. At the end of the summer, find the cookbook recipes posted on our website.



## Geocaching:

Geocaching is an entertaining adventure game for GPS users. Check out [www.geocaching.com](http://www.geocaching.com) for information on how to get started and to learn more detailed rules about other exciting outdoor adventures, as well as waypoints for Alton Parks and Recreation caches.

To register for a program, fill out the registration form on the back.  
You can also contact Parks and Recreation at 603-875-0109 or [parksrec@alton.nh.gov](mailto:parksrec@alton.nh.gov).



# FAMILY ACTIVITIES AND EVENTS

## Crafts in the Park: Mondays, 6/27, 7/18, 7/25, 1:00pm-3:00pm

B&M Park – (\$10 per day) All ages welcome. Bring family and friends to the park each week to complete a fun craft!

6/27: Birdhouse (Register by 6/20)

7/18: String Art (Register by 7/1)

7/25: No Sew Blankets (Register by 7/8)

## Family Game Night: Wednesday, 6/29, 5:00pm-7:00pm



Pearson Road Community Center – (Free) Join Parks & Rec for a night of family fun! Bring your family and friends, and pick from a wide variety of activities such as board games, ping pong, pool, and puzzles! Register by Monday, June 27.



## Alton Bay Summer Concert Series: Saturdays, 7/2 – 8/27, 7:00pm-9:00pm

Alton Bay Bandstand - Bring a chair and enjoy music by the lake! In the event of inclement weather, decisions to cancel will be announced by 2:00pm on the Parks and Recreation Facebook Page or 875-0109. *\*Please note different times.*

July 2 – The Shifters:

\*SUNDAY July 3 – “Thursday Afternoon” Band: Classic and Modern Rock

July 9 – The Visitors: Oldies, Classic Rock, Country Rock

\*July 16, 7:00pm-8:30pm – Windham Community Band Organization

July 23 – East Bay Jazz: Elegant Swing, Jazz and Blues

July 30 – EZ Band: Classics and Those Destined to be

August 6 – Got it Covered: Pop & Rock Cover Band

August 13 – Bittersweet: Classic Rock

August 20 – Saxx Roxx: Classic Rock with Brass

August 27 – Chris Bonoli: Soft Rock, Country & Classic, Electric Blues



## Family Scavenger Hunt: Sunday, 7/3, 5:30pm-6:30pm

Alton Bay Bandstand – (Free) Gather family and friends, and use your creative skills to search for clues around Alton Bay. Team play is welcome. Fun for the whole family! Prizes will be awarded.



## Beach Bonfire and Singalong: Friday, 7/8, 7:00pm-8:30pm

Alton Bay Public Beach – Join friends and community members for a Bonfire and sing along guitar with music by **John Irish**. Bring a chair and blanket and enjoy the summer breeze, great music, and s'mores. This is a family friendly event so please bring the whole family.

To register for a program, fill out the registration form on the back.

You can also contact Parks and Recreation at 603-875-0109 or [parksrec@alton.nh.gov](mailto:parksrec@alton.nh.gov).



# EVENTS AROUND TOWN

## **Town Wide Yard Sale:** Saturday, 6/4, 8:00am-2:00pm

Are you a bargain shopper that likes to repurpose things? Then mark your calendar for the Town Wide Yard Sale! Community members will be holding various yard sales around Alton. Pre-registered locations are marked on the free "Yard Sale Locator Map", which will be available at the Parks and Recreation Office and website, Town Hall, Gilman Library and local banks in Alton.



## **Alton Community Forum:** Wednesday, 6/22, 6:00pm-7:00pm

Pearson Road Community Center – The Alton Parks and Recreation Commission is inviting the community to a public forum for an open discussion about future plans. Come with ideas for your community, and we will provide ice cream! Topics will include recreation programs, improving the playground, dog park, splash pad, etc.



## **Kayak Paddle Trip:** Fridays, 7/1 & 8/5, 10:00am

Guided paddle trips down the Merrymeeting River are free, and are geared toward participants who have paddled before. Participants provide their own equipment, including a life jacket. Check out the wildlife habitats, animals, and beautiful scenery of the Merrymeeting River. Paddle trips are approximately 90 minutes each. Meet at Johnson's Rte. 11. Space is limited.

7/1: Register by 6/27      8/5: Register by 8/1



## **Fireworks:** 7/3, 9:20pm (Rain Date: 7/9, 9:20pm) 8/13, 9:00pm (Rain Date: 8/14, 9:00pm)

Alton Bay - Fireworks will be launched off the barge in Alton bay. Bring a chair and grab a spot on the lawn or come by boat for this spectacular event.



## **Paint Night:** Friday, 7/29 & Wednesday, 8/24, 6:00pm-7:30pm

Alton Bay Bandstand: (\$15) All ages welcome. Join us for a night of painting and fun with instructor Anne Morrell. All supplies included for a great night of painting with friends and community members. Paint a picture, and get a night out of relaxation and fun. No art experience needed. July 29 (Register by 7/25, Rain location Alton Bay Community Center) August 24 (Register by 8/22, Rain location Pearson Road Community Center).



## **Water Bandstand Committee Concert:** Wednesday, 8/10, 4:00pm-6:00pm

Alton Bay – Come out and enjoy music with a great view from boat or land! Sponsored by The Water Bandstand Committee.



## **Alton Old Home Week Craft Fair:** 8/13, 9:00am-5:00pm & 8/14, 10:00am-3:00pm

Alton Bay Community Center & Railroad Square Park – Handmade New England craft items, including jewelry, fabric and cloth products, fine wood crafts, pet treats and toys, maple and honey products, skin care, soaps and more.



To register for a program, fill out the registration form on the back.

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# EVENTS AROUND TOWN


## Alton Old Home Week 5K Road Race: Saturday, 8/13, 9:00am

Alton Bay Bandstand – Co-sponsored by Meredith Village Savings Bank. Registration fee: \$20 by July 15<sup>th</sup> with free long-sleeve cotton shirt (\$5 extra for poly tech shirt); \$25 after July 15, no shirts available. Computerized timing. Scenic, slightly varying USATF-certified course through Alton. Individual awards, team prizes, post-race refreshments and raffles. Registration forms available through Parks and Recreation, in this brochure, or register online at <https://runsignup.com/Race/NH/Alton/AltonOldHomeWeek5KRoadRace>.

**COUCH TO 5K:** Let's run the race, you can do it!

You need to start somewhere... why not today? Suggested websites:

- [www.coolrunning.com](http://www.coolrunning.com)
- [www.c25K.com](http://www.c25K.com)



**REGISTER BY JULY 15<sup>th</sup>**  
**FOR A RACE SHIRT!**



## Water Ski Show: Saturday, 8/20, 3:00pm (Rain Date: 8/21, 3:00pm)

Alton Bay – Come watch the Water Ski Team on the lake! Sponsored by The Water Bandstand Committee.



## Alton Neighborhood Cleanup: Now Through 8/31

Through the Summer, Alton will be providing blue trash bags to the public for neighborhood cleanups. Encourage your family, friends, and neighbors to participate in making Alton beautiful! Blue bags are available at the Town Clerk's Office, Highway Department, and Parks and Recreation Department. Once your bag is full, contact either Parks and Recreation, or the Highway Department (603-875-6808) with your neighborhood location for pickup. Register your neighborhood pickup location at 603-875-0109 or [parksrec-asst@alton.nh.gov](mailto:parksrec-asst@alton.nh.gov).



## Community Clothing Swap: Friday, 9/23, 3:00pm-5:30pm

Alton Bay Community Center – (Free) Time for back to school shopping? Want to clean out your closet and have a whole new wardrobe? Before you make that shopping trip, why not swap your outgrown items for some that are new to you? Starting September 1, you can drop off infant, youth, and adult clothing in good condition at the Parks and Recreation Office. Then on Friday, September 23, come to the swap and take what you need. Everyone is welcome at this free event. Leftover items will be donated. Happy swapping!



**VOLUNTEERS NEEDED!**

Help make a positive impact on our community!

Call 603-875-0109 for more information.

- ~ Alton Milfoil Committee
- ~ Parks & Recreation Playground Committee
- ~ Alton Old Home Week 5K Road Race (Get a free shirt!)



**FOLLOW US!**

 Alton, NH Parks & Recreation

 @AltonParksAndRec

To register for a program, fill out the registration form on the back.  
You can also contact Parks and Recreation at 603-875-0109 or [parksrec@alton.nh.gov](mailto:parksrec@alton.nh.gov).



# DROP IN SPORTS GAMES

\*Registration deadline for all programs is 6/13. After registered, participants are able to drop-in weekly. No weekly sign ups required.

## Beach Volleyball: (Ages: 18+) Mondays, 6/20 – 8/8, 6:00pm–7:30pm (No Meeting 7/4)

Liberty Tree Park – (Free) Pick-up style, just show up ready to play. We encourage those with all skills to join us for casual beach volleyball. This is a co-ed pick up league, where the idea is to get out and meet new people but also enjoy playing a fun, active sport. Volleyball will run 4v4.



## Adult Gym Class: (Ages 18+) Tuesdays, 6/21-8/9, 6:00pm-7:30pm

Jones Field – (Free) Was Gym class your favorite class in school? Do you wish you could go back and play your favorite games as a child? Well now is your chance! Join the Adult PE Club on Tuesday nights. Play games like kickball, capture the flag, whiffle ball, and more. This is a drop in group and all adults are welcome.



## Spikeball: (Ages 18+) Wednesdays, 7/6-8/10, 6:00pm-7:30pm

Jones Field – (Free) Spikeball is a combination of volleyball and 4-square. Teams of 2 will compete against each other with a taut hula hoop sized net placed between them. Bring a friend and meet the members of your community.



# HIKES

## Sunset Hike & Yoga Flow: Sundays, 6/5, 7/3, 8/7, 9/4

Join us for a free short 20-minute hike up Pine Mountain at Sunset. Short 30-minute yoga flow at the top. Meet at the trail head off Avery Hill Road, times will vary as the estimated sunset may be different. Text or call Sheila at 603-978-5084 for more information. Donations are suggested.



## Local Hikes: Mondays, 6/20, 6/27, 7/18, 7/25, 10:00am

Join the Alton Parks and Recreation Department in discovering local trails for casual hikes. Bring friends and family, and get outside to meet new people! Register by Wednesday 2:00pm prior to scheduled hike.

6/20: Pine Mountain      6/27: Knight's Pond      7/18: Trask Swamp      7/25: Cotton Hurd Brook Woodland Preserve



## Trail Information:

Take the trails less traveled. Alton has many trails and walking paths to offer. For more information on these locations visit our website or pick up copies of maps located at the kiosk at the Parks and Recreation Office.

Mt. Major	Gilman Pond Conservation Area	Mike Burke Trail	Pine Mountain
Cotton-Hurd Brook	Trask Swamp and Fort Point Woods Conservation Area		Knights Pond Trail



To register for a program, fill out the registration form on the back.  
You can also contact Parks and Recreation at 603-875-0109 or [parksrec@alton.nh.gov](mailto:parksrec@alton.nh.gov).

# TOWN FACILITY RENTALS

Do you need space for an upcoming family function? Does your business or non-profit organization need a location to hold a meeting? The Town of Alton has two community centers available for rent for your event. **Alton Bay Community Center** and **Pearson Road Community Center (Senior Center)**. Each location has a kitchen and restrooms, along with tables and chairs. Users are required to clean up after the rental, leaving the facility in the same condition it was found.

- **Alton Bay Community Center, 58 Mt. Major Hwy (Route 11), Alton Bay**
  - This renovated historic building along the water's edge is available for rental seven days per week from 9:00am-11:30pm. Use is restricted to the interior structure of the building and covered porch.
- **Pearson Road Community Center (Senior Center), 7 Pearson Rd (off Wolfeboro Rd), Alton**
  - This facility is available for rental on weekdays from 5:30pm-11:30pm and on weekends from 9:00am-11:30pm.

**Rental fees for both locations:** (Please note fees are subject to change)

	Family Function Private Party (Resident)	Family Function Private Party (Non-Resident)	Commercial Business	*Non-Profit (Benefits Alton Residents)	*Non-Profit (Out of Town)
1-3 hours	\$100.00	\$150.00	\$250.00	\$5.00	\$25.00
4-8 hours	\$200.00	\$300.00	\$400.00	\$10.00	\$50.00

\*School, Federal, State, and County Government entities are exempt from rental fees.


The Town also requires a \$250 security deposit, refundable upon satisfactory inspection of the premises after your use.

The Town requires a Certificate of Insurance in the amount of at least \$1,000,000 in general liability insurance, naming the Town of Alton as additional insured. This may be issued as a rider to the applicant's homeowner's policy, or may be purchased elsewhere as a separate policy, specifically for the date of the function only.

Please contact [parksrec@alton.nh.gov](mailto:parksrec@alton.nh.gov) or 603-875-0109 for reservation availability and property rental policy and application form. Rental Policy and forms are also available on the town website: [www.alton.nh.gov](http://www.alton.nh.gov).

**THANK YOU!**

A special thank you to the **Alton Garden Club** for keeping the gardens in Town looking so beautiful!



# 5K REGISTRATION

## 3 WAYS TO PRE-REGISTER:

- ❶ 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

**August 13, 9:00am**
- ❷ 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)
- ❸ Register online and pay by credit card at <https://runsignup.com/Race/NH/Alton/AltonOldHomeWeek5KRoadRace> (additional online processing fee)

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 (for next year's race invite)      Age on 8/13/22

~ 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 XXL

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

XS S M L XL XXL

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, heat exhaustion, and possible exposure to COVID-19. 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

