

# 2022 ALTON OLD HOME WEEK 5K ROAD RACE 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
- 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)