



# AROUND THE WORLD

## ALTON OLD HOME WEEK VIRTUAL 5K



August 1 - 15, 2021

### LET'S FILL THE GLOBE TOGETHER!

This summer we are hosting another Virtual 5K, but with a twist. Introducing the "Alton Old Home Week Around the World Virtual 5K" For the first time ever, the annual 5K is not limited to the official USATF Certified course in Alton, NH. Anyone from around the world can participate in the race. Encourage your friends and family to participate, and let's see how much of the globe we can fill! After the race is complete, check back with us as we share our Around the World Interactive Map, showing where in the world people ran!

#### REGISTRATION COST

- ◆ \$15 registration cost includes eligibility for raffles, prizes, and long sleeve shirt. To be guaranteed a shirt, pre-register by 8/1, otherwise limited availability.

#### CHOOSING YOUR SHIRT

- ◆ A unisex long-sleeve **cotton** shirt will be available to all paid participants who pre-register by 8/1. Shirts will be available for pickup/delivery the week of 8/16.
- ◆ A unisex long-sleeve **polyester tech** shirt can be chosen (instead of the cotton shirt) for an additional \$5 for pre-registered runners.
- ◆ \$3 Shipping fee for continental shipping.
- ◆ When choosing your shirt size, order very carefully, as there will be no exchanges.

#### AGE DIVISIONS FOR AWARDS

- 9 & under • 10-15 • 16-19 • 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
- ◆ Furthest distance from Alton

#### RAFFLES

- ◆ Use our #AOHW5K on Social Media
- ◆ Weekly winners will be drawn

#### ALTON COURSE INFORMATION

If you choose to run the Alton, NH USATF certified course, it starts and ends in the parking lot adjacent to the Alton Bay Bandstand overlooking beautiful Lake Winnepesaukee. The course is scenic, and is a slightly varying paved course – flat/downhill with one moderate incline.

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

#### OTHER COURSE INFORMATION

If you choose to complete the race elsewhere, be sure to run the designated 3.1 miles. The course is not required to be USATF certified, but it's suggested. For a list of USATF courses, visit

<https://www.certifiedroadraces.com/search/>

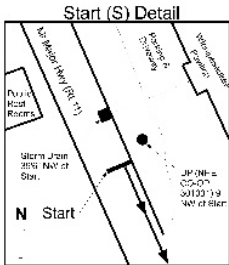
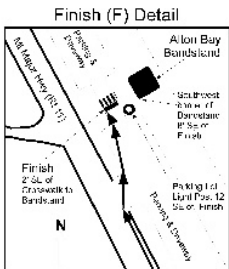
#### HOW IT WORKS

- ◆ Go to <https://runsignup.com/Race/NH/AltonBay/OldHomeWeekVirtual5k>
- ◆ Register for the race.
- ◆ Download RaceJoy. Included in the app will be real-time tracking, progress alerts at mile points for current pace and estimated finish, and other interactive features for participants and spectators. The leaderboard will be updated daily with all participant's times.
- ◆ Official time tracking will begin on August 1<sup>st</sup> at 12:00am and stay open until 11:59pm on August 15<sup>th</sup>.
- ◆ Instead of a smartphone, self-tracking with another device is an option. Examples being smart watch, stop watch, etc. Be honest, the whole world is watching!

CO-SPONSORED BY:

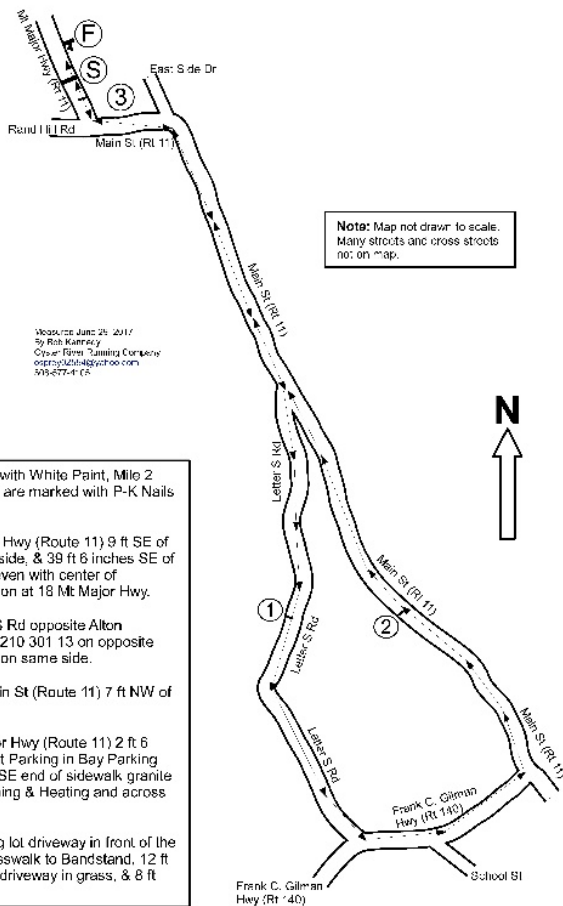


# #AOHW5K



## Alton 5K Race Alton, New Hampshire

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



Note: Map not drawn to scale. Many streets and cross streets not on map.

Version: June 25, 2017  
By: Rob Kennedy  
Course: Fines Running Company  
email: info@finesrunning.com  
505-277-1122

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, and 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: 603.651.0728

Email: parksrec-asst@alton.nh.gov

Website: [www.altonparksandrecreation.com](http://www.altonparksandrecreation.com)

Facebook: Alton, NH Parks & Recreation

Instagram: @AltonParksAndRec

### 3 WAYS TO PRE-REGISTER:

- 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
- Drop off completed form and payment in person at:  
Alton Parks and Recreation Dept.  
328 Main Street, Alton, NH  
(AVAS Public Park, across from Levey Park)
- Register online and pay by credit card at  
<https://runsignup.com/Race/NH/AltonBay/OldHomeWeekVirtual5k> (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 (for next year's race invite) Age on 8/1/2021

**~ CHOOSE ONE SHIRT AND ONE SIZE ONLY ~**

**Cotton shirt size if \$15 registration fee paid by 8/1:**

YS YM YL S M L XL

**Poly Tech shirt size if \$20 registration fee paid by 8/1:**

XS S M L XL

### 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)