



Part of the Portsmouth Community Road Race Series. Find out more about the series and how you can win a sporty series jacket at www.pccrs.org.

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16th Annual

Portsmouth Harbour Trail 5K Road Race & Kids' Fun Run

Saturday, July 9, 2011

5K Run/Walk in Portsmouth, New Hampshire to benefit the Portsmouth Harbour Trail, a historic walking tour in Portsmouth, and other programs of the Greater Portsmouth Chamber of Commerce

COURSE

3.1 Miles of historic downtown Portsmouth, NH

RACE START

9 a.m. Beginning and ending at the Little Harbour School
50 Clough Drive, Portsmouth
(Strollers OK, please, no dogs)

KIDS FUN RUN

10 a.m., \$5 per child

ENTRY FEE-5K RUN/WALK

Online registration is \$20 until July 7. Mail-in, walk-in and race day registrations, \$20
www.portsmouthchamber.org/roadrace.cfm

ON-SITE REGISTRATION

7 to 8:30 a.m. at the Little Harbour School

RACING DIVISIONS

Women/Men Overall, 12 and under, 13-15, 16-19, Open 20-29, 30-39, Master 40-49, Special Master 50-59, 60-69, 70 & up, Wheel Chair, and Teams.

TEAMS

Corporate and individual teams welcome. Trophy for winning team. Three runners scoring per team

TIMING

Granite State Race Services

PRIZES

Awarded to overall first-place man and woman, the top three men/women in each age group, the oldest and youngest Portsmouth finisher, top three teams, and wheelchair winner

KIDS' RUN PRIZES

Medals and fun prizes for all participants

T-SHIRTS

Custom designed commemorative shirts to the first 200 entries. Race shirts for volunteers

FOR MORE INFORMATION

For more information, or to volunteer during the race, call (603) 610-5514, email roadrace@portsmouthchamber.org or visit www.portsmouthchamber.org/roadrace.cfm where links to **online signup** are available.

We're racing to preserve history!

Portsmouth Harbour Trail 5K Road Race Entry Form (online signup available, see above)

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event including, but not limited to falls, contact with other participants, the effect of the weather, including high heat or humidity, traffic and the conditions of the road, all such risk being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release the Portsmouth Chamber & the City of Portsmouth and all race sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

Signature If under 18 parent/guardian must also sign:

Parent/Guardian Signature

Runner:

Address:

City:

State: Zip:

Phone:

Email:

Age: Sex: M/F T-shirt (S,M,L,XL)

Team Name:

5K Fun Run

Make checks payable to: GPCC and mail with entry form to GPCC, Attn: 5K Road Race, PO Box 239, Portsmouth, NH 03802-0239
Nonrefundable entry fee of \$20 for 5K, or \$5 for Fun Run.

Part of the Portsmouth Community Road Race Series

◆ Series supports the work
of six community organizations.

◆ Run all six races set for April 23, May 14,
July 9, Aug. 4, Sept. 17, and Nov. 24, 2011

◆ Runners completing four of five races will earn a sporty jacket.

For more details, visit www.pccrs.org



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P.O. Box 239
Portsmouth, NH 03802-0239

*If the
address
at right is incorrect,
please notify
the Chamber
at 436-3988
Thanks.*

Bring the kids to compete in the Kids Fun Run!



- ◆ 100-yard dash for 6 to 10-year-olds
- ◆ 50-yard fun run for 2 to 5-year-olds
- ◆ Each child will receive a medal and fun prizes