



5k Trail Race & Kid's Fun Run at the Seacoast Science Center in Odiorne Point State Park, Rye, NH Saturday, April 20, 2019

Register online: www.seacoastsciencecenter.org

The *Rescue Run: Race for Marine Mammals* features a popular 5k chip-timed cross-country trail race through Odiorne Point State Park. Walkers may participate and are untimed. The trail is of varied terrain; strollers are not permitted. Prizes are awarded in age and gender categories, as well as overall fastest male and female (must register in the <8 min. pace/mile heat to qualify).

Please use one form per registrant. Please print clearly.

No dogs allowed.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone: _____ E-mail: _____

Sex: M F Age: _____ Have you run this 5k before?: Y N

Runners, what is your average minute-per-mile? < 8:00* 8:00-8:59 9:00-9:59 >10:00

Individual Participation

Ages 13+ 5k or Walk \$25 (\$30 after 4/16) \$ _____

Ages 6-12 5k or Walk \$15 (\$20 after 4/16) \$ _____

Ages 5 and Under Walk FREE

Kids Fun Run 300 yrd. dash (ages <5) \$6 \$ _____

Kids Fun Run 300 yrd. dash (5-12 yrs.) \$6 \$ _____

Kids Fun Run 1/2 mile (12 and under) \$6 \$ _____

Team Participation (Teams must consist of 5 or more individuals.)

Team name: _____

Ages 13+ 5k or Walk \$22 (\$25 after 4/16) \$ _____

Ages 6-12 5k or Walk \$13 (\$15 after 4/16) \$ _____

Ages 5 and Under Walk FREE

Donation for Marine Mammal Rescue \$ _____

SSC Family Membership (\$80) \$ _____

Payable by: Cash Check # **Total** \$ _____

Credit Card: Visa MC AMEX Discover

CC#: _____

CCV _____ Expires: _____

Signature _____

T-Shirts

Rescue Run shirts are available to the first 175 5k registrants age 6+. A limited amount will be for sale online.

Size: Small Medium Large X-Large

Schedule

Registration	7:30-8:45 a.m.
Welcome	8:45 a.m.
5k Race/Walk	9:00 a.m.
Kids Fun Run (300 yrd.)	9:40 & 9:50 a.m.
Kids Fun Run (1/2 mile)	10:00 a.m.
Awards	10:00 a.m.
Raffles	10:30 a.m.
Healthy Ocean Activities	10:00 a.m.-12:00 p.m.
Beach Clean-up with the Blue Ocean Society	11:00 a.m.

Waiver

I acknowledge that participating in a trail run, walk, or Kids Fun Run is a potentially hazardous activity. I am entering this event at my own risk. In signing this entry, I, my heirs, executors and administrators, release the Seacoast Science Center, Odiorne Point State Park, and sponsors and promoters of this race for any and all liability in case of death or injury received during participation in this race. I also grant permission to the Seacoast Science Center to use any photographs or any other records of this event for any lawful purpose. In the case of a minor, this entry must be signed by a parent, or guardian of entrant.

Signature: _____ Date: _____