

# The Luke Capistran Memorial 5K Run, 3K Walk & Kids Fun Run

**Saturday, September 30, 2017 10:00 AM**

Derryfield Park, Bridge Street, Manchester NH 03104

First 200 participants to register will receive a free t-shirt  
Awards for the 5K top 3 overall winners and age group winners  
All participants will be entered to win some of our great raffle prizes!

**Course Description:** Scenic cross-country run through Derryfield Park on grass and gravel trails, featuring rolling terrain.

**All proceeds go to the Luke Capistran Scholarship Fund which provides scholarships for students to attend summer camp.**

**Adult Entry Fee: \$25.00**

**Manchester Educator Entry Fee: \$20.00**

**Student Entry Fee: \$10.00**

**Kids Fun Run: Starts at 9:00 on the Hillside Soccer Field, Donations welcome**

Individual online registration at:

[http://www.lightboxreg.com/the-luke-capistran-memorial-5k-fun-walk\\_2015\\_2016?func=&mobile=0](http://www.lightboxreg.com/the-luke-capistran-memorial-5k-fun-walk_2015_2016?func=&mobile=0)

Pre-race packet pickup on Friday, September 30th, Hillside Middle School Lobby, 5:00-8:00 PM.

Post entries will start at 8:00 AM the day of the race at Hillside Middle School.

For more information email the Race Directors:

Mary Hartigan-Demers at [mhartigan@mansd.org](mailto:mhartigan@mansd.org) or Nancy Michaud at [nmichaud@mansd.org](mailto:nmichaud@mansd.org)

**Make check payable to: Hillside Middle School. Mail Entry form to Hillside Middle School, Attn: Hillside Builders Club, 112 Reservoir Avenue, Manchester, NH 03104**

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## Registration Form

\_\_\_\_\_ **5K Run (Timed)**

\_\_\_\_\_ **3K Walk (Untimed)**

Name: \_\_\_\_\_

Gender: Male Female

DOB: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Age: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Email: \_\_\_\_\_

T-Shirt size: S M L XL 2XL (Size not guaranteed)

\_\_\_\_\_ **\$25 Adult Entry Fee**

\_\_\_\_\_ **\$20 Manchester Educator Entry Fee**

\_\_\_\_\_ **\$10 Student Entry Fee**

**PLEASE READ AND SIGN RELEASE & WAIVER:** In consideration of this entry being accepted, I hereby for myself, my heirs, executors and administrators waive any and all rights and claims for damages I may have, as a result of participating in this event, against the Builder's Club, Kiwanis Club, and all other sponsors, contributors, organizers and volunteers of this event including, but not limited to : falls, contact with other participants, the effects of the weather, traffic and the conditions of the road or course. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

**Signature:** \_\_\_\_\_

(Parent/Guardian if under 18)

**Date:** \_\_\_\_\_