



**The 1st Annual 1/2 Way to St. Patty's Day at the Holy Grail 5K run/walk will be  
September 25, 2011, 10:30 A.M.**

**All proceeds to benefit the Epping Youth Athletic Association**

The Epping Youth Athletic Association is hosting a 5K run/walk road race to benefit Epping youth sports on Sunday, September 25, 2011. Pre-Registration will be available at [www.eyaa.org](http://www.eyaa.org) or by filling out this form and mailing it to P.O. Box 472 Epping, NH 03042. Registration will also be available the day of the race starting at 9am. The race will begin promptly at 10:30am on Long Meadow Farm Drive in Epping and finish at the Holy Grail. The race will be run on certified course NH11002RF. Detailed course information can also be found on the EYAA website.

**Day of the Race:** Please come to the parking lot of the Holy Grail to pick up your number and t-shirt and to catch a bus to the starting line of the race. There will be plenty of parking at the Holy Grail and in the side lot at Walgreens.

**Awards:** Cash Prizes will be presented to the top three men and women in the following age categories 18 and under, 19-29, 30-39, 40-49, 50-59, 60-69, and 70 and up. The award ceremony will be held immediately afterwards at the Holy Grail.

**Results:** Times will be posted at: [www.coolrunning.com](http://www.coolrunning.com) and the race will be timed by Granite State Race Services.

**Entry Fees:** \$25 in Advance \$28 after September 18th  
The entry fee is non-refundable. T- Shirts will be given to the first 300 registered.

**For more Information:**

Visit <http://www.eyaa.org/page/show/353027-1-2-way-to-st-patty-s-day-the-holy-grail-5k> or email Kim @ [kbade00@gmail.com](mailto:kbade00@gmail.com).

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**Entry Form**

To register, please legibly print the entry form, sign the waiver, enclose a check for the proper amount, and mail to: EYAA, PO Box 472, Epping, NH 03042.

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

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

City, State, Zip \_\_\_\_\_

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

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

Age: \_\_\_\_\_ DOB: \_\_\_\_\_ Sex: M F

T-Shirt Size: S M L XL

I have enclosed \$ \_\_\_\_\_ for my entry.

I, for myself, my executors, heirs, and assignees, do hereby release and discharge the Epping Youth Athletic Association and all sponsors, and volunteers of any claims, damages, or liabilities arising out of my participation in this athletic event. I understand that this release is valid notwithstanding any negligence on the part of those persons or entities named in this release. I understand that running can be a potentially hazardous condition, due to traffic, weather, and many other variables. I attest that I am aware of these risks, and that I am sufficiently trained and physically fit to participate in this event. I also give full permission to use any pictures or video clips of me taken during the event.

Signature \_\_\_\_\_

Date \_\_\_\_\_

(Parent/guardian if under 18)