



The 2010 Market Square Day 10K Road Race Saturday, June 12th

Last Name: _____ First Name: _____ Wheelchair participant? Yes No
Sex: M F Age on Race Day: _____ Date of Birth: ____/____/____ T-shirt size: [circle one] S M L XL
Address: _____ City: _____ State: _____ Zip: _____
Work #: ____/____-____ Home #: ____/____-____ Email: _____
Team Name: _____
Category: [circle one] Runner Competitive Race-walker

**SEACOAST SERIES ROAD RACE Participants: complete the Series Application
(Go to www.proportsmouth.org or at Runner's Alley, Portsmouth.)**

NEW FOR 2010! • Pro Portsmouth/Granite State Race Services will feature the B Chip or Bib Chip for timing this year's race. IN ORDER TO RECEIVE AN OFFICIAL TIME, THE BIB MUST BE SECURELY PINNED TO EACH RUNNER'S SHIRT FRONT.

WAIVER: 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 also know that, although police protection will be provided, there will be traffic on the course route. I assume the risk of running in traffic. I also assume any and all other risks associated with running this event including but not limited to falls, contact with other participants, the effects of the weather, including: high heat and/or humidity, and the condition of the roads, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entree fee, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release, and discharge Pro Portsmouth, Inc., Strawberry Banke Museum, City of Portsmouth, Portsmouth Police, race officials, volunteers, any and all sponsors, including their agents, employees, assigns, or anyone else on their behalf, from any and all claims for death, personal injury, or property damage of any kind or nature whatsoever arising out of, or in the course of, my participation in this event. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned further grants full permission to Pro Portsmouth, Inc. to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for any purpose. Applications for minors accepted only with a parent's signature.

Signature of athlete

Date

Signature of parent or guardian [if applicable]

Date

- \$22 Mail-in (paper) Application Fee until Wednesday, June 9, 2010
- \$25 Application Fee begins Thursday, June 10, 2010

Make checks payable to:
Pro Portsmouth, Inc.
P.O. Box 967
Portsmouth NH 03802

(603) 610-5521 www.proportsmouth.org

RACE INFORMATION

REGISTRATION

Friday, June 11th, 9am-5pm: Connie Bean Community Center, 135 Daniel Street, Portsmouth, NH.

Saturday, June 12th, 7-8:45am: Connie Bean Community Center, 135 Daniel Street, Portsmouth, NH. Both include bib and shirt [first 1000 registrants] pickup. The starting line is three blocks from the registration area.

SEACOAST ROAD RACE SERIES

The MSD 10 K is a proud member of the SRRS; to register for the Series, pick up a registration form at Runner's Alley or download the form/register online at www.proportsmouth.org/SeacoastSeries

COMPETITIVE RACE WALKING DIVISION

Those who circle/select the category 'Competitive race-walking' will be timed against others in that category for the MSD 10K. Race numbers/bibs will be designated for this category; Road Race marshals and the timing service staff will monitor them. A race-walking competitor who runs during the MSD 10K will have their time changed from the race walking category for the race (will be noted as a runner's time), and, in turn, for the Seacoast Road Race Series as well.

WHEELCHAIR DIVISION

Connie Bean Community Center entry is in rear of building for Friday and Saturday registration. Limited parking can be found on Daniel Street and next to the Connie Bean Community Center on race day.

HOSPITALITY TENT

Post race activities take place on the grounds of the Strawberry Banke Museum. Along with other refreshments, beverages donated by Seacoast Coca Cola including Dasani and PowerAde will be available. Medical Services are provided by the Portsmouth Fire Department. PLEASE NOTE: DOGS ARE NOT PERMITTED ON THE MUSEUM GROUNDS.

RESULTS

Results of the MSD race will be available on the internet at Cool Running: www.coolrunning.com

Market Square Day Road Race Map

