



2010 Seacoast Road Race Series Registration Form



- Complete and submit this registration form and complete at least 6 of the 8 SRRS races, including at least two (2) race longer than 5K, and you will earn a custom 2010 Seacoast Road Race Series jacket.
- There is no cost to register for the Seacoast Road Race Series, but there are entry fees for each participating race.
- **IMPORTANT:** Register for each SRRS race using the EXACT same name you use on your SRRS registration. You'll only get SRRS credit for the races if your name on each race entry matches your name on the SRRS registration roster.
- Your registration for the 2010 SRRS must be received by August 1, 2010.
- Mail or bring this completed form to Runner's Alley (104 Congress St, Portsmouth, NH, 03801), or bring it to any of the first 4 SRRS races. You can also register online at <http://www.runnersalley.com>.
- **IMPORTANT:** Visit <http://www.proportsmouth.org/SeacoastSeries.cfm> for complete rules and award information. The SRRS scores will be updated on the website approximately 3-7 days after each SRRS race. *It is very important that you check your SRRS scores on the Seacoast Series website after each race. Please notify us immediately if you see a problem: The sooner we hear from you, the more likely that we will be able to help.* We send updates and reminders via email, so please make sure your email address on this application (below) is complete and legible.

- The 2010 Seacoast Road Race Series races:

Children's Museum 5K - May 1

Runner's Alley/Red Hook 5K - May 30

Market Square Day 10K - June 12

York Days 5K - August 1

Saunders At Rye Harbor 10K - August 19

Fox Point Sunset 5 Miler (8K) - September 11

Great Island 5K - October 10

Great Bay 5K - October 23

BONUS RACE: Seacoast Half Marathon - November 14

- **Bonus Prize:** If you complete at least 6 SRRS races, including two races longer than 5K, AND enter and complete the 2010 Seacoast Half Marathon, you will be entered into a special drawing. The names of 2 males and 2 females will be chosen in the drawing. Those four people will each receive free entry into all the 2011 Seacoast Series races (approximate value of each prize = \$160). *FYI - the Half Marathon usually sells out in early September!*
- **NEW in 2010:** Seacoast Series age group awards and competitive walker awards. See the Seacoast Series website (<http://www.proportsmouth.org/SeacoastSeries.cfm>) for award details.

The Seacoast Road Race Series
is sponsored by:



ALL INFORMATION IS REQUIRED SO WE CAN ACCURATELY TRACK YOUR SERIES PARTICIPATION.

PLEASE PRINT!

NAME: _____ AGE ON 5/1/10: _____

STREET ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: (____) _____ TEAM NAME: _____

EMAIL: _____ GENDER: M _____ F _____

JACKET (Unisex Sizing): XS _____ S _____ M _____ L _____ XL _____ XXL _____