



Seacoast Science Center

A Whale of a 5K Race & Kid's Fun Run

Saturday, April 24, 2010

Odiorne Point State Park

No dogs allowed, please.

Visit www.seacoastsciencecenter.org to register, print trail map and to find directions.

A Whale of a 5K Race - Cross Country Trail

Created by Eastern Mountain Sports Extreme Team captain Jennifer Shultis, this race will bring you through the forest, by the rocky shore and sandy beach, and alongside historic military fortifications. Come prepared to run on varied terrain and whatever the weather may bring. A water station will be located at the half-way point. Competitive and non-competitive runners and walkers are welcome. Prizes will be awarded to winners in different age and gender categories: Men & Women, 12 and under, 13-17, 18-29, 30-39, 40-49, 50-59, 60-69, 70 and above. 5K runners, 12 & under must be accompanied by an adult. Top race results for 2009 were 16:33 (men); 24:35 (women).

Kid's Fun Run

The *Kid's Fun Run* is for ages 12 and under; participate in a 100 yard dash and/or a 1/2 mile run. Everyone wins a prize!

Please use one form per registrant.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone: _____ E-mail: _____

Sex: M F Age: _____

Check one: 5K (\$12 before 4/21; \$18 after 4/21) Fun Run (\$6) \$ _____

I am also including a donation to support the Seacoast Science Center \$ _____

I would like to become a member of SSC at the Family Level (\$65) \$ _____

Payable by: _____ Total: \$ _____

Credit Card: Visa MC AMEX Discover

CC#: _____ Expires: _____

Signature _____

Check: Please make payable to Seacoast Science Center

Mail to: Seacoast Science Center, 570 Ocean Blvd., Rye, NH 03870 - or - Fax to: 603-433-2235

T-shirts are available to the first 150 5K Trail Race registrants. Size: Small Medium Large X-Large

Schedule	
Registration	7:30-9:00 a.m.
Welcome	8:45 a.m.
5K Race	9:00 a.m.
Kid's Run (Heats)	9:30-10:30 a.m.
Awards	10:30 a.m.
New this year!	
Music and Earth Day Activities	10 a.m.-1 p.m.

Waiver

I know that participating in a trail 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: _____

All proceeds help support our mission to create connections to nature through personal experience.

Sponsorship and volunteer opportunities available! Please contact Nichole at n.rutherford@seacentr.org or 603-436-8043, ext. 26

Seacoast Science Center • Rte. 1A • Rye, NH • 603-436-8043 • www.seacoastsciencecenter.org