

2010 Nottingham Day 5K / 5K Relay and 2K Road / Trail Races

Nottingham School - September 18th, 2010- Rain Date 19th

REGISTRATION AT KNIGHT'S FIELD!

OR sign up early and print the forms at Nottingham-nh.gov

Race Options:

Race: **5 K Trail and Road Run**

Time: 9:00am - Registration from 8:00am to 8:45am

Cost: \$10/ *\$5 per participant which includes, Bib #, and T – Shirt

Participants: Age 10 and up (children under 10 may participate with an adult- no charge to adults running to accompany a child)

Awards: 1st, 2nd and 3rd Place over 18 and under 18

Race: **5 K RELAY Trail and Road Run**

Time: 9:00 am - Registration from 8:00am to 8:30am

Cost: \$10 / *\$5 per participant which includes, Bib #, and T – Shirt

Participants: Age 10 and up – Teams of 2 and 4 people only

Awards: 1st, 2nd and 3rd to the top 3 teams

Race: **2 K Trail Run**

Time: 10:30 am - Registration from 8:00am to 10:00am

Cost: \$10/ *\$5 per participant which includes, Bib #, and T – Shirt

Participants: Ages 5 and up – (children under 10 may participate with an adult- no charge for adults accompanying a child)

Awards: 1st, 2nd and 3rd Place for 5-15 yrs



* All award races **\$5.00** for children 10 years of age and younger.

AWARDS AT MAIN STAGE - 11:45 AM