



# OUT OF HIBERNATION 5K

## Registration Form

5K ROAD RACE  
Saturday April 24th, 2010

The race will take place on Saturday, April, 24th at 9:00 AM. **PRE-RACE REGISTRATION**  
**FRIDAY** April 23rd 5:00 - 8:00 PM at the **MASONIC TEMPLE**  
**SAME DAY** Registration at 7:30 AM at the **MASONIC TEMPLE**  
We have ordered extra T-Shirts due to popular Demand. Come on Friday to ensure you get one!!!

**RACE LOCATION:** [Masonic Lodge - 351 Middle Street](#)  
[Portsmouth, NH.](#) (Abundant Free Parking!)

**AWARDS:** Many Prizes including **Red Sox** Tickets

Awards for the following classes:

- Overall Runners M/F**
- Youth M/F (12 and under)**
- Junior M/F (13-18)**
- Steward Class (19-29)**
- Deacon Class (30-39)**
- Warden Class (40-49)**
- Master Class (50 -59)**
- Grand Master Class (60-69)**
- Grand High Exalted Mystic Ruler (70+)**

**FREE AWESOME SHORT SLEEVE SHIRT:** The first 150 registered runners will receive a 100% cotton short sleeve shirt with the 'Out of Hibernation 5K' logo on the front.

**FREE FOOD:** All volunteers & race participants are welcome to **Free** refreshments inside of the Masonic auditorium.



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<b>Mailing Address:</b> Out of Hibernation 5K 351 Middle St Portsmouth, NH 03801-5009 603-433-2274	<b>Make checks payable to:</b> St John's Lodge  <i>All proceeds to benefit Seacoast Family Food Pantry</i>
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**Last Name:** \_\_\_\_\_

**First Name:** \_\_\_\_\_

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

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Home Phone:** \_\_\_\_\_

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

**Age on Race Day:** \_\_\_\_\_ **Gender:** (M / F)

**Shirt Size:** S M L XL

**Waiver and Release of Liability** (*\*\* must be read and signed*)

Participation in the Out of Hibernation 5K Road Race may involve risk of injury, including but not limited to sprains, torn muscles, cramps and heat exhaustion. As a participant, by signing this form, I attest and verify that I have full knowledge of the risks involved and that I am physically fit to participate.

I hereby, for myself, my heirs, executors and administrators, waive and release all rights and claims against St. John's Masonic Lodge, for any and all liability in case of death or injury during participation in this race.

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

Online registration no later than April 17th, 2010