

## Directions

### FROM THE SOUTH

Take exit 19 (Northfield) go left and follow Rt. Park St. (Rt. 132 N.) 3/4 mile. Take left onto Gibson Mill Rd and follow signs for Parking. If parking in Franklin continue to lights and take a left. Follow West Main St. into Central St. in Franklin. Look for parking signs.

### FROM THE NORTH

Take exit 20 (Tilton) go right and follow Main St. until lights at Rt. 3 and Rt. 132. Take Left onto Park St. (Rt. 132) in Northfield. Take first right onto Gibson Mill Rd. and look for parking signs. If parking in Franklin continue on West Main St.. (Rt. 3) into Central St. in Franklin. Look for parking signs.



[facebook.com/wrtsafetyrun](https://www.facebook.com/wrtsafetyrun)

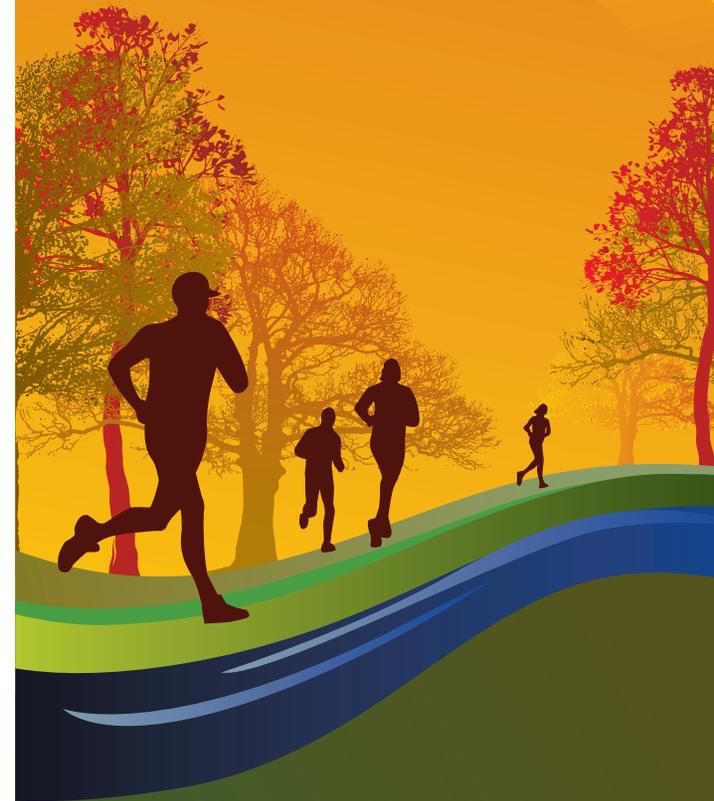
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[www.vinceparatore.com](http://www.vinceparatore.com)



# winni river trail

## 5K Safety Run/Walk

Saturday November 6th, 2010



### Organized by:

Winnepesaukee River Trail Association  
Tilton-Northfield Professional Firefighters  
Local 4659  
Tilton-Northfield Firefighters Association

## Winni River Trail 5K Safety Run/Walk

We are pleased to announce the *first annual Winni River Trail 5K Safety Run/Walk!* The Proceeds of this event will benefit the Winnepesaukee River Trail Association, Tilton-Northfield Professional Firefighter Local 4659 Charitable Fund, and Tilton-Northfield Firefighters Association

### Prizes

**1st. Place Male and Female - \$100**

**2nd Place Male and Female - \$50**

**3rd Place Male and Female - \$25**

### The Day's Events

- Saturday, November 6th, 2010
- Race starts at 10:00 a.m.
- Race will start in Franklin on Central St. In front of the Franklin Savings Bank
- On-Site registration at 8:00 and will be held adjacent to the starting line in Franklin and the finish line located at the Gibson Mill Rd. park in Northfield
- Runners are encouraged to park in Northfield and ride the free race shuttle to the starting line.
- After the race festivities at the Gibson Mill Rd. Park in Northfield
- Prizes and Raffles
- Beautiful scenic certified course

## Winni River Trail 5K Safety Run Registration Form

Name \_\_\_\_\_

Male  Female (check box)

Address \_\_\_\_\_

\_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

T-SHIRT SIZE  S  M  L  XL (check box)

### Early Registration \$15.00

*Must pay by 11/01/2010*

### Day of Registration \$20.00

Age as of race day \_\_\_\_\_

Method of payment  Cash  Check

### Make checks payable to:

The Winnepesaukee River Trail Association

PO Box 464 Franklin, NH 03235

## Waiver and Releases:

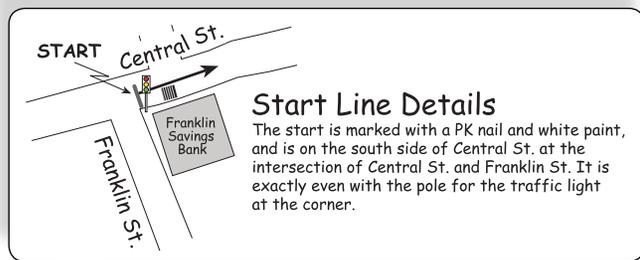
I know that running is a potentially hazardous activity. I should not enter and run, or walk the race unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the race. I assume all risk associated with participating including, but not limited to falls, contact with other participants, the effects of the road and traffic on course, all such risks being known and appreciated by me. I for myself and anyone entitled to act on my behalf waive and release all organizers of the Winni River Trail 5K Safety Run

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

*Parent signature for participant under the age of 18.*

**PLEASE CONTACT US VIA E-MAIL  
or FIND US ON Facebook**

WinniRun@gmail.com

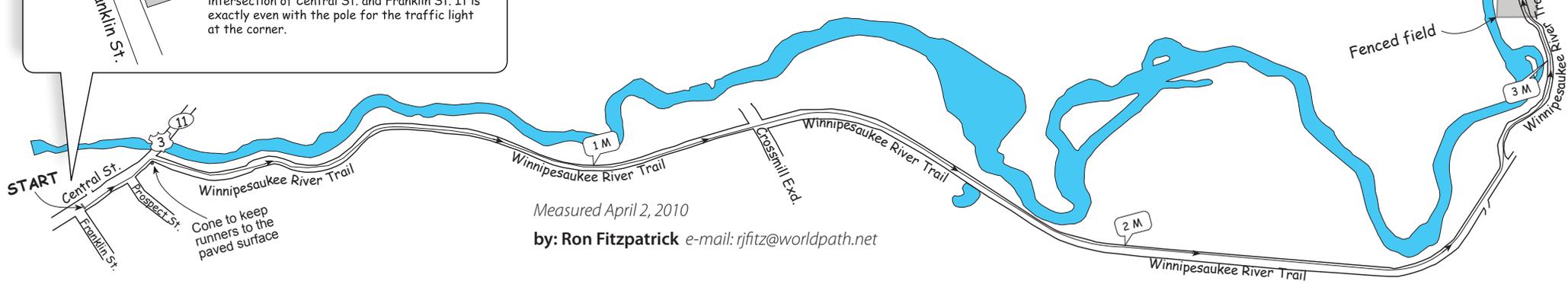
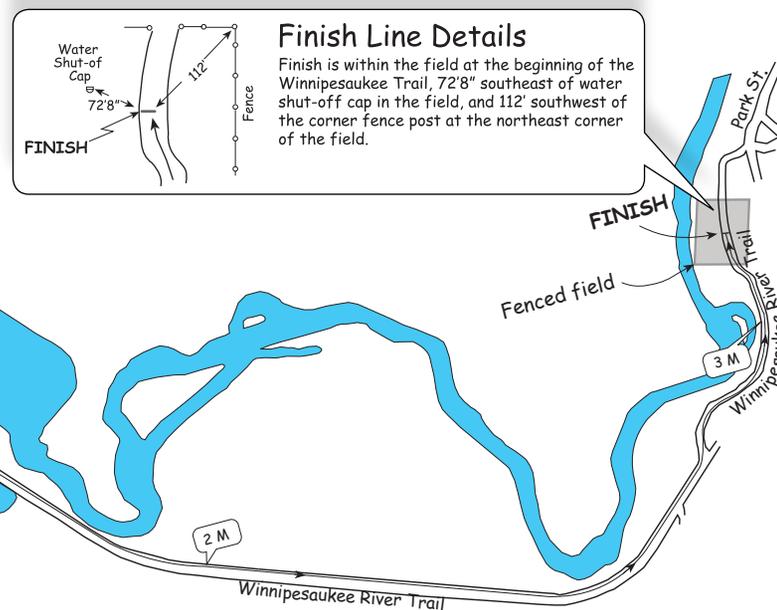


## Splits

All splits are located on Winnepesaukee River Trail and marked by orange flags.

- 1M 66' west of west side of a foot bridge.
- 2M 297' southeast of the southeast side of a foot bridge.
- 3M 60' south of the gate at the south end of the field.

## Certified Course



Measured April 2, 2010

by: Ron Fitzpatrick e-mail: rjftz@worldpath.net