



# 9<sup>TH</sup> ANNUAL - 4 ON THE 4<sup>TH</sup>

JULY 4, 2010

RAILROAD SQUARE AND MAIN STREET - KEENE, NH

REGISTER 7:30AM - WALK 8:00AM - RUN 8:30AM

GO TO - [www.tlaorg.org/pathways](http://www.tlaorg.org/pathways) - FOR COMPLETE DETAILS





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## Event

- Starting in Railroad Square, Railroad Street, parking lot, gravel road, Industrial Heritage Trail, Eastern Avenue, Marlboro Street, Optical Avenue, and then back finishing at Railroad Square.
- Flat four mile course (4 miles minus 143 feet).
- Surface – asphalt and gravel – one short area of grass.
- Most of course far away from traffic – traffic police controlled.
- Keene location in Southwest New Hampshire.
- At least 450 runners and walkers expected to participate.

## Registration

- Race will be held rain or shine.
- Donation – \$20.00 (\$15.00 tax deductible).
- Runners – Under 20, 20-29, 30-39, 40-49, 50-59, 60-69, over 69 – male and female.
- Walkers – one age category – male and female.

## Other Information

- All registered runners and walkers ...
  - Coveted event t-shirt
  - Food and water
  - Eligible for prize drawings
- All pre-registered runners and walkers ...
  - Coveted event t-shirt on race day
- Awards and prizes after race (9:45 AM, Railroad Square)
- No strollers, bicycles, jogger buggies, or pets allowed.
- Entry and results – [www.tlaorg.org/pathways](http://www.tlaorg.org/pathways)
- Net Proceeds to build Roundhouse-T Phase II in the City of Keene in 2012
- Make checks payable to Pathways for Keene, Inc.
- Mail this signed entry page and check to:
  - Pathways for Keene, Inc.
  - PO Box 226
  - Keene, NH 03431-0226 USA
- All entry pages must be signed

**Name:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Street:** \_\_\_\_\_ **E-mail:** \_\_\_\_\_

**City:** \_\_\_\_\_ **T-Shirt:** \_\_\_\_\_ (S-M-L-XL) **Run/Walk:** \_\_\_\_\_ (R/W)

**State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_ **Age:** \_\_\_\_\_ (on July 4, 2010) **Sex:** \_\_\_\_\_ (F/M)

This liability waiver must be signed. Unsigned or illegible entry pages will be rejected. Submit full sized 8.5x11 entry page.

In consideration of the acceptance of this entry, I do hereby for myself, heirs, executors, and administrators waive and release any and all rights and claims for damages I may have against Pathways for Keene, Inc., the City of Keene, the State of New Hampshire and all of its officers and/or representatives and any other race officials, organizations, sponsors, and volunteers for any injury that may occur as a result of participating in this event. I also grant permission to use my name, picture or video of me participating for any purpose without obligation to me.

**Signed:** \_\_\_\_\_ **Date:** \_\_\_\_\_  
[ Entrant ]

**Signed:** \_\_\_\_\_ **Date:** \_\_\_\_\_  
[ Parent or guardian if entrant is under 18 ]