

Entry Fee: Pre Registered \$20.00 (till 7/22)
\$25.00 thereafter
Race Day registration opens 7:30 am
in Church Hall basement.

Mail form and entry fee payable to:

St. Anne's Lakes Race
5 Rose Lane
Atkinson, NH 03811

Please Print Clearly

Last Name: _____
First Name: _____
Street Address: _____
City: _____
State: _____ Zip: _____
Email: _____

Birth Date: ____/____/____

Sex: M F **Age on Race Day**

Choose one:

T-Shirt Size S M L XL XXL
or

*Singlet (Pre registered only \$3.00 additional fee)
S M L XL

In consideration of this entry being accepted, I hereby, for myself, my heirs, executors and administrators waive any and all rights and claims for damages I may have against St. Anne's Parish, the Diocese of Manchester NH and all other sponsors, contributors and organizers of this event. I attest that I am physically fit to compete in this event.

Signature (Parent/Guardian if under 18)

Event: ___ Running ___ Walking
 ___ Not running/walking, I just
 want a pie!

5 Rose Lane
Atkinson, NH 03811

St. Anne's 19th Annual Lakes Race

Saturday July 30, 2011

9:00 am start

**St. Anne Church
26 Emerson Ave
Hampstead, NH 03841**

**T-Shirt or Singlet*
Guaranteed to all pre-
registered entries
Received on or before July 22nd**

**USATF Certified 5 Mile Course
NH97007WN
and
5K Non Competitive fun
walk**

Highlights

- T-Shirt or Singlet
- Mile Splits

- 5 Water Stops
- Post-race free massages
- Post Race Refreshments
- USATF Certified 5 Mile Course
- Finish Line: Granite State Race Services
- Trophies 3 Deep by Age and Sex:
14 & under, 15 – 19, 20 – 29, 30 – 39
40 – 49, 50 – 59, 60 – 69, 70-79, 80+
- Summer Festival activities for the whole family following the race:
 - Craft Fair
 - Games for all ages!
 - Antique Car Show
 - Entertainment

Congratulations to our 2010 Winners!

Male	Connor Jennings	26:30
Female	Caroline Jolliffe	34:22

Course Records*

Men	Mackenzie Kilpatrick (2002)	25:51
Women	Amy Decamp (2002)	31:19

* Since Course Certification in 1997

Directions

From Boston and South

- Route 93 North to Route 495 North
- Route 495 North to Exit 51B (Rte 125 North)
- Continue straight through 3 traffic lights
- At third light, keep Mobil gas station on your right, it will become Rte 121 in NH
- Follow 121 North for 7 miles to Rte. 111
- Continue on 121 one mile
- Right on Emerson Ave. St. Anne's is on your left.

From the West

- Route 495 North to Exit 51B (Rte 125 North)
- Continue straight through 3 traffic lights
- At third light, keep Mobil gas station on your right, it will become Rte 121 in NH
- Follow 121 North for 7 miles to Rte. 111
- Continue on 121 one mile
- Right on Emerson Ave. St. Anne's is on your left.

From the North

- Route 93 South to Exit 3
- Go Right (Rte. 111 East)
- Proceed ½ mile and go left at light, continuing on Rte 111
- Proceed 2 miles to Rte. 28
- Continue on Rte 111 for 6 miles and take a left at the traffic light at Rte 121
- Follow Rte 121 North for 1 mile
- Right on Emerson Ave. St. Anne's is on your left.



Would you like to sponsor the road race?
Contact Robin at 362-5158 or rdoyle@captivate.com for more information. See you on race day!

Questions: Contact Race Director, Robin Doyle at 603-362-5158