

34th Annual Atkinson Road Race

Thursday, September 1, 2011 • 5km (3.1 miles)

Date/Time: Thursday, September 1, 2011 at 6:00 pm, Woodlock Recreation Area, Atkinson, NH
Kids Fun Run: 5:45 pm – 1/2 mile – must be 11 or under – Free – no registration required

REGISTRATION

Pre-Entry: \$7.00 age 19 and under
 \$10.00 age 20 and over
 \$30.00 maximum per family

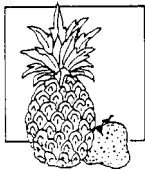
Send by August 26, 2011. First 200 entrants receive **T-SHIRTS** courtesy of NRH, Corporate Chefs, RAM Printing, Atkinson Graphics, Thompson Title & Settlement, LLC., Grand Rental & Buzz Durkin Karate.

Post-Entry: \$15.00 - No T-shirts race day

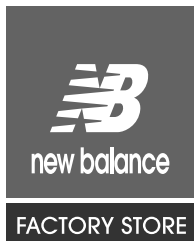
Post Race: Refreshments – Merchandise Awards – Hot Dogs – Raffle



Atkinson Recreation



Corporate Chefs INC.
 65 Avco Road • Unit L
 Haverhill, MA 01835
 Tel: 508/372-7400



Westville Grand Rental
 63 Plaistow Rd., Plaistow, NH 03865
 603-382-7806 www.grandrental.com/westville



James M. Holland, D.M.D.
 BOARD CERTIFIED ORTHODONTIST



Race Proceeds Toward the Timberlane High School
 Running & Field Hockey Booster's Club (Scholarships)
 Awards to Top Finishers in all Age Categories
 Traffic Control by Atkinson Police Department
 Emergency Support from Atkinson Rescue Department

Directions to the Race Site

Same Location (Pope Rd is now Woodlock Park Rd.)

From Rte. 111

- 1) Go South on Rte. 121 towards Atkinson.
- 2) After 0.6 miles go right onto Island Pond Road.
- 3) At first Stop Sign (0.3 miles) go left onto West Side Drive.
- 4) After (0.8 miles) go left onto Woodlock Park Road.
- 5) After (0.9 miles) the road ends at the Starting Line.

Past Winners of 5Km Race

1990 Robert Hoppler	14:52	Patricia Huntington	18:35
1991 Joe Mulligan	15:22	Sandy Cannon	17:52
1992 Mark Kimball	15:00	Patricia Huntington	19:21
1993 Jim Morriseau	16:18	Sharon Johnson	19:42
1994 Jason Vanderhoof	16:00	Sandy Cannon	18:35
1995 No Race			
1996 Steve O'Connell	15:35	Kristine Carmichael	19:32
1997 Dave Audet	16:19	Sandy Cannon	19:12
1998 Dave Audet	16:11	Linda Jowett	19:05
1999 Dave Audet	16:17	Miae Jacobs	19:03
2000 Dean Kimball	15:57	Miae Jacobs	18:28
2001 Dave Audet	16:15	Miae Jacobs	17:56
2002 Nathan Leveille	15:51	Cindy Army	20:01
2003 Michael Grosse	17:00	Kelly Desharnais	20:47
2004 Mike Shuffleton	15:33	Susannah Landreth	17:46
2005 Tim King	17:00	Linda Jowett	20:09
2006 Jim Chute	17:03	Kelly Desharnais	19:43
2007 Jose Ortiz	16:00	Amy Bernard	19:06
2008 Jimmie Cochran	17:38	Amy Bernard	19:31
2009 Casey Carroll	16:13	Lisa Jacobus	18:31
2010 Nathan Huppe	15:45	Fern Backhorn	19:32

From Rte. 495

Exit 51B - Rte. 125 North.

After the McDonalds (on left), Rte. 125 forks to the right while Rte. 121 to Atkinson goes straight.

Go straight onto Rte. 121.

Follow Rte. 121 for 5.3 miles.

Take a left onto Island Pond Road.

Follow #3, 4, and 5 directions at left to the Start.

The Race Course (3.1 miles)

Start promptly at 6:00 pm Woodlock Recreation Area, heading out in the direction you came into the area.

Left onto Oakhill Circle.

Left onto Old Coach Road.

Left onto Upper Hawthorne.

Right onto Old Coach Road.

Right onto Merrill Drive.

Left onto Hovey Meadow.

Right onto Old Coach.

Right onto Pope Road, back to the start.

Registration Form

Male Female Age on Race Day _____ T-Shirt size preference (first 200 entrants eligible): S M L XL

Age Categories: 14 and under 15-19 20-39 40-49 50-59 60-69 70+

In consideration of accepting this entry, I, the undersigned intending to be legally bound, myself, my heirs, executors and administrators, waive and release any and all rights and claims for losses and damages I may have against the Town of Atkinson and all other parties and their representatives, successors, and assigns for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and have sufficiently trained for this event.

NAME _____ PHONE NUMBER _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

SIGNATURE _____ SIGNATURE OF PARENT IF UNDER 18 YEARS OF AGE _____

Pre-entry registration fee before August 26, 2011 – \$7.00 age 19 and under – \$10.00 age 20 and over – \$30.00 maximum per family

\$15.00 Post registration fee, \$40.00 per family. (for entries submitted after August 26, 2011)

Make checks payable to: Atkinson Road Race. Mail form & check to: Atkinson Road Race, 38 Maple Ave., Atkinson, NH 03811

For additional information contact: Sandy Cannon 362-8329 or email at sandy-cannon@comcast.net