



**Your dogs certainly won't be barking after this race!**

The 1<sup>st</sup> Annual "My Dogs are Barking" 5K Road Race for the Animal Rescue League of NH is mostly flat with a slight hill on Old Sawmill Road. Perfect for first time "Couch to 5K" runners or great for a fast run for the more seasoned runners, this race will appeal to all. We are also open to walkers and of course dogs!\*\**(This event is Rain or Shine!)*

**\*\*For the safety of the runners, dogs will only be allowed to walk the course and start in the rear of the group with the walkers. Please keep your pet on a short lead and clean any messes made during the event.**



*About the ARL:*

Pets give us so much. They teach us compassion, protect our families, work as therapy professionals, and entertain us. Pets comfort us when we've had a bad day and touch our hearts with their unconditional love. At the Animal Rescue League of New Hampshire we save pets' lives, and they enrich ours.

To learn more information about this event or additional upcoming events at the League contact: Robin McCune or Jill Terzian at (603) 472-5714 or email [robin@rescueleague.org](mailto:robin@rescueleague.org) or [jill@rescueleague.org](mailto:jill@rescueleague.org).

www.rescueleague.org  
545 Route 101,  
Bedford, NH 03110  
(603) 472-DOGS

**Many thanks to our Event Sponsors:**



**1<sup>st</sup> Annual "My Dogs are Barking" 5K Road Race to Benefit the Animal Rescue League of NH**

**Saturday, October 16<sup>th</sup>, 2010 at 10am**

**Peter Woodbury School, 180 County Road, Bedford, NH**

**Registration Begins at 8am**

**Pre-register from 5-7pm on Friday, October 15<sup>th</sup> at the Animal Rescue League of NH  
545 Route 101, Bedford, NH**

**Advanced registration:**

\$20 per person

**Registration the day**

**of:** \$25 per person

Register on-line at

[www.rescueleague.org/  
2010race.cfm](http://www.rescueleague.org/2010race.cfm)

**Awards:**

- Top 3 male
  - Top 3 female
  - Top female and top male in each age division
1. 13 years and under
  2. 14-19 years
  3. 20-29
  4. 30-39
  5. 40-49
  6. 50-59
  7. 60-69
  8. 70+

**Directions to Peter Woodbury School:**

From the South:

93 North to 293/101W

Follow 101W

Take the Kilton Street Exit

Right onto South River Road

Take Right on to Back River Road (Dunkin Donuts will be on the corner)

Take your second right onto County Road, the school will be on your right

From the North:

93 South to 293 South

Exit to 101 W

Take Kilton Street exit

Right onto South River Road

Take Right on to Back River Road (Dunkin Donuts will be on the corner)

Take your second right onto County Road, the school will be on your right



**1<sup>st</sup> Annual "My Dogs are Barking" 5K Road Race for the Animal Rescue League of NH**

**Saturday, October 16<sup>th</sup>, 2010**

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

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

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

**Phone Number:** \_\_\_\_\_

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

**Emergency Contact (relationship)** \_\_\_\_\_

**Emergency Contact Phone Number** \_\_\_\_\_

**Age on Race Day:** \_\_\_\_\_

**Male**

**Female**

T-Shirt size: (Please circle one) S M L XL

T-shirts will be given out to the first 200 runners signed up.

**Is this your first 5K? Yes No** (please circle one)

Please make checks payable to: ARL-NH (all fees are non-refundable)

Timing will be provided by 3C Race Productions LLC.

**RELEASE OF LIABILITY**

I have read and understand this release of liability. I freely accept and voluntarily assume any and all risks associated with participation in this race, including all activities prior to and after the race, including but not limited to injuries, falls, contact with other participants, traffic risks, effects of weather, and illness. I know and understand that participating in the race is a potentially hazardous activity and I know and appreciate all risks associated with this activity, including risks of serious injury and/or death.

In consideration of being allowed to participate in the race, I hereby for myself, heirs, executors, administrators and anybody else who could make a claim by or through me or on my behalf, agree not to sue and waive, release and discharge the Animal Rescue League of New Hampshire, The Town of Bedford, the Bedford School District, the Bedford Police Department, 3C Race Productions LLC, all sponsors, volunteers, race officials and anybody else who could be held liable by or through the Animal Rescue League of New Hampshire from any and all claims of liability, including but not limited to claims of negligence, for death, personal injury, or damage of any kind or nature arising out of my participation in this event, including participation in any activities prior to or after the race. This release and waiver extend to all claims of every nature whatsoever, foreseen, known or unknown, including negligence.

**I HAVE READ THIS RELEASE, UNDERSTAND IT AND SIGN IT VOLUNTARILY.**

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

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

**Signature of Parent (if under 18):** \_\_\_\_\_

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