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**Get Fit NH**

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**NH Graphic Advantage**

**Sage Wellness Center & Spa**

**T.C.'s Service Center**

**Tile & Stone**

**For questions about the race,  
please contact:**

Keith and Libby Kun,  
race directors, at:  
frank5krun@gmail.com  
or 603-505-1636

## Registration Form

Please make checks payable to **Suncook Valley Rotary Club**. Send to Libby Kun, 44 Park Street, Wilmington MA 01887. Paper registrations need to be postmarked **NO LATER THAN 7/29/16**.

**Preregistration** - \$20 (paper or online)

**Race Day Registration** - \$25, cash only, at the gazebo on Drake Field.

\_\_\_\_\_  
(first name) (last name)

\_\_\_\_\_  
(street address)

\_\_\_\_\_  
(city) (state) (zip)

\_\_\_\_\_  
(email) (phone #)

\_\_\_\_\_  
(DOB month/day/year) (age on race day)

\_\_\_\_\_  
(gender) (t-shirt size – S, M, L, or XL)

**Release and Waiver** (unsigned waivers will be rejected): I hereby for myself, my heirs, executors, and administrator, waive and release any and all rights and claims for damages I may have against the sponsors, coordinating groups, and any individual associated with the "Pittsfield Balloon Rally's Frank H. Donovan 5K," their representatives, successors, and assigns, and will hold them harmless for any and all injuries suffered in connection with this event. I attest that I am physically able to compete in this event. Further, I hereby grant full permission to any and all of the foregoing to use my likeness in all media including photographs, pictures, recordings, or any other record of this event for any legitimate purpose.

\_\_\_\_\_  
(signature) (date)

\_\_\_\_\_  
(signature of parent/guardian if under 18) (date)



**Frank H. Donovan 5K**  
**August 7, 2016**

**9:00 am**

**Drake Field**  
**Pittsfield, NH**

**USATF Certified Course**

Chip Timing provided by  
Granite State Racing Services



Frank H. Donovan

We invite you to join us as we remember Frank H. Donovan and celebrate fitness in NH! Frank was a long-time member of the Rotary Club and a regular volunteer at the annual Balloon Rally. He helped with planning the Rally's 5K for many years and was committed to supporting road races across NH through his involvement with Northeast Delta Dental's sponsorships. Though not a runner himself, Frank was a dedicated "speed walker" and biker, an avid tennis player, and loved skiing and hiking in the White Mountains. He believed in encouraging everyone to enjoy exercise, and we remember Frank with this race by uniting his love for the Balloon Rally, the Rotary, and fitness!

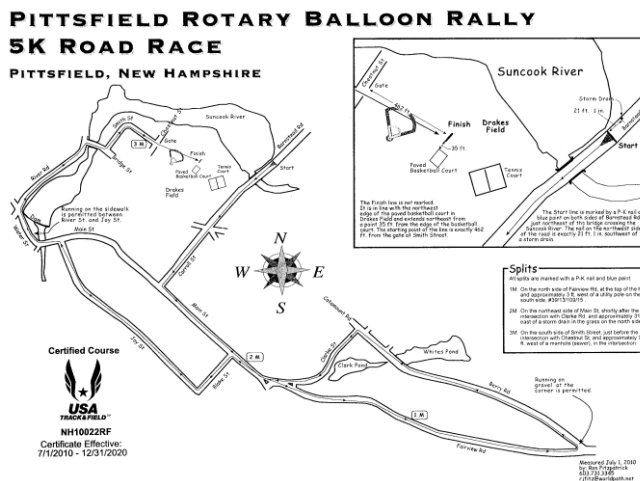
For more information about the race, and to learn more about the **whole weekend of fun** associated with the Balloon Rally, please visit [suncookvalleyrotary.org](http://suncookvalleyrotary.org).

## Register for the race at [lightboxreg.com](http://lightboxreg.com)

(online registration closes  
at noon on Thursday, Aug. 4<sup>th</sup>)

A paper registration form is provided on  
the back of this brochure.

Race t-shirts for all  
participants registered by  
July 15<sup>th</sup>!



**\$100 cash prize for the  
top overall male and female!  
Awards in each age category.**



All proceeds from the race will benefit  
the Suncook Valley Rotary Scholarship  
Fund to help support deserving local high  
school students who are pursuing post-  
secondary education.

### Directions to the Race:

Take Rt. 28 to Barnstead Road (Rt. 107) in  
Pittsfield. Park along Barnstead Road and walk to  
the gazebo inside Drake Field to register on the  
day of the race or pick up your bib and race  
packet. The starting line is at the bridge on  
Barnstead Road.