

# RUMNEY OLD HOME DAY 5K Road Race



Saturday, August 14, 2010  
Rumney, New Hampshire

Sponsored by:



**Benefit:** Proceeds to benefit the Rumney Recreation Department

**Course Description:** Scenic New England village streets and roads (paved and gravel-surfaced). First 3 km of course is mostly flat, last 2 km is a steady, but gradual uphill climb followed by a fast downhill sprint back to the finish.

**Race Start Time & Place:** 8:30 AM at the Rumney Town Common (  $\frac{3}{4}$ -mi north of US Route 25 on Main Street)

**Registration and Fees:** Registrations received before Aug 4 - \$10 children (under 15 yrs), \$14 adults  
after Aug 4 - \$14 children (under 15 yrs), \$18 adults

Register on-line @ [www.runwalkjog.com/rumney](http://www.runwalkjog.com/rumney)  
Printable registration form and course map on following pages

**Race Day Check-in:** Check-in and late registrations take place 7:30 – 8:25 AM at the Rumney Village Common.

**Awards & Prizes:** Free moisture-wick T-shirt for early registrations only (must be received before Aug 5).  
For later registrants, a limited quantity will be available on race day for \$10.

Medals awarded to fastest overall male and female.  
Ribbons awarded to 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>-place male and female runners in the following age categories:  
under 10 yrs of age, 10 – 19 yrs,  
20 – 29 yrs, 30 – 39 yrs, 40 – 49 yrs,  
50 – 59 yrs, 60 – 69 yrs, 70 and over  
Random draw and other prizes of merchandise and gift certificates, post-race refreshments

**Contact:** Nathan Mulherin - Race Organizer  
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