

**This is a Flat, Fast
Certified 5K Course
with Timing by
Granite State Race
Services!**

All proceeds will go to Bridges:
Domestic & Sexual Violence Support in
their effort to eliminate domestic and
sexual violence and to provide a safe and
empowering environment for victims and
survivors.



Sunset Heights Elementary School
15 Osgood Road
Nashua, NH

October 15, 2011
7:45am until 9:00 am registration

9:00 am Race Start (Rain or Shine)

Bring this donation sheet and all dona-
tions to the starting point, at Sunset
Heights.

Thank You for supporting this important
event!

Bring your pledges to the Kelly Mann
Memorial or send to:
Kelly Mann Memorial 5K Run &
3K Fun Run/walk
33 East Pearl Street
Nashua, NH 03060
603-889-0858

www.bridgesnh.org

Kelly Mann
Memorial 5k
and 3k Fun Run/Walk

**Saturday
October 15, 2011**

**Sunset Heights
Elementary School**

Race starts at 9:00 am



Pledge Sheet

Name: _____ Address: _____ City: _____ State: _____ Zip: _____
 Phone: _____ Email: _____ Team Name: _____

Sponsor's Name	Pledge Amount	Paid	Address, City, State, Zip	Corporate Match?
Example: Meredith Smith	\$50	✓	123 South Street Nashua, NH 03060	No
TOTAL ATTACHED				

Please make additional copies as needed or download more forms at www.bridgesnh.org. Please make checks payable to Bridges.

Fabulous Prizes for those with the highest amount in pledges!



Kelly Mann 5k Run and 3k Walk-a-thon
 to benefit Bridges
 October 15, 2011
 9am start time
 (Registration from 7:45am until 9am)
 Sunset Heights Elementary School Nashua, NH

REGISTRATION FORM

I AM REGISTERING TO:

FUN RUN/WALK -AS A PART OF A TEAM _____ OR INDIVIDUAL _____

RUN VOLUNTEER SPONSOR THE EVENT

Team Name: _____

Walker's/Runner's Name: _____

Address: _____

City _____ State _____ Zip code _____

Email: _____ Telephone: _____

Gender: _____ Age: _____ Date of birth: _____

Emergency Contact Name & Telephone Number _____

T-Shirt Size: ___ Small ___ Medium ___ Large ___ X-Large

**Registration Fee is \$18. My personal fundraising goal is: _____.
 We recommend a goal of \$50 in pledges. Great prizes for top fundraisers!**

METHOD OF PAYMENT:

CHECK MASTERCARD

VISA CASH DISCOVER

AMERICAN EXPRESS

ONLINE AT
COOLRUNNING.COM

***PLEASE MAKE CHECKS PAYABLE
 TO BRIDGES***

Please bill my card \$ _____

 Name on Credit Card

 Credit Card Number

 Expiration Date

 Signature



**Kelly Mann 5k Run and 3k Walk-a-thon
to benefit Bridges
October 15, 2011
9am start time
(Registration from 7:45am until 9am)
Sunset Heights Elementary School Nashua, NH**

Waiver and Release:

In signing this release, I acknowledge that I understand its intent, and I, for myself, my heirs, executors, administrator and representatives, do hereby release and discharge and will absolve and hold harmless Bridges: Domestic and Sexual Violence Support, corporate sponsors, cooperating organizations and any other parties connected with this event in any way together with their respective affiliates, owners, employees, successors and assigns, singly and collectively from and against any blame whatsoever, which may result from or be connected in any way to my participation in "Kelly Mann Memorial 5k and 3k Fun run/walk". In addition to the absolute and unqualified release from all liability, I hereby represent that I am physically capable of participating in this event, my equipment is in working condition, that I will observe all applicable traffic and event rules and in general conduct myself in a sage and prudent manner while participating in the event. I hereby release, discharge, absolve and hold harmless the sponsors from any damage I may sustain because of any breach of these representations. I hereby consent to and permit emergency treatment in the event of injury or illness while participating in this event. I also give permission to the sponsors to use my name and any photograph taken of me during the event in any promotional materials or publications.

Parent/guardian waiver for minors (age under 18): The undersigned parent and natural guardian does hereby represent that he/she is, in fact, acting in such capacity and hereby release and discharges and agrees to save and hold harmless and indemnify each and all of the sponsors from all liability, loss, cost, claim or damage whatsoever which may be imposed upon said parties because of any defect in or lack of such capacity to so act and release and discharge said parties on behalf of the minor and parents or legal guardian.

Signature: _____

(Those under 18 years of age, your parent/guardian must sign)

PLEASE MAIL THIS SIGNED REGISTRATION FORM TO:

**Bridges
33 East Pearl Street
Nashua, NH 03060
Questions? Call 603.889.0858 or email:
development@bridgesnh.org**