

**3rd Annual "PLOT HILL PLOD" – 5K Road Race – Run/Walk Challenge
Lyme, New Hampshire**

Saturday August 27th, 2016 10:00 AM

Starting from the Lyme Common - Lyme, NH 03768

Race Information: This is a fund-raising event to benefit the Lyme Recreation Commission. All the proceeds will be utilized as needed to supplement equipment replacement and registration demands of all our youth sports programs under the umbrella of the Town's Recreation Commission.

Registration and Packet Pick-up Information: Registration forms can be picked-up at Lyme Home and Hardware, Lyme Country Store and at the Lyme Town Offices of you may go to www.lymenh.gov).

Course Description: The race begins and ends in the immediate area of the Lyme Common along Market Street. The first 1/3 of the outgoing leg is a challenging hill climb up the side of, locally known, Plot Hill that reverses direction around the "Triangle" out on Washburn Hill Road. To further note the obvious, considering the race course, the last 1/3 of the incoming leg is an equally challenging downhill to the finish.

Awards: TBD

Additional Information: The first 50 race participants will be guaranteed an event T-shirt. \$30.00 per person or \$75.00 per family entry. Registration will be on the common from 8:30 AM – 10:00 AM. More questions? E-mail jcmayers576@gmail.com.

* Any additional monetary donations to this cause will be greatly appreciated.

**Mail Entry Form and make Checks payable to: Town of Lyme, NH
PO Box 126
Lyme, NH 03768**

* Note "Race Registration" or "donation" on memo line of your check.

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- ❖ Electronic sign up: Go to www.lymenh.gov and sign up through Demosphere. If you are not already registered through the Recreation Commission youth sports programs it may take a bit longer.
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NAME: _____ AGE: _____ SEX: _____ PHONE: _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP _____

Check one: RUN _____ WALKER _____

WAIVER: I know that running a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I assume all risks associated with running this event. Having read this waiver and knowing these facts and in consideration of your accepting my entry fee, I, for myself, and anyone entitled to act on my behalf, waive and release the Town of Lyme, it's Recreation Commission, Board members and all sponsors, their representatives and successors, for all claims or liabilities of any kind arising out of my participation in this event.

Signature (Parent's Signature if under 18)

Date: _____