

## NHTI Cross Country

Start your SUPER Bowl Sunday out the right way, by running, jogging, or walking a flat, fast 4 mile race. You know that you need to get some exercise and burn some calories to make up for the rest of the day that will be spent watching the SUPER Bowl and SUPER commercials, and eating way too much SUPER food. This race is a fundraiser for the NHTI cross country team. The proceeds will help the NHTI cross country team travel to the 2018 USCAA Cross Country championship in Virginia Beach, Virginia. You can have a SUPER time running a SUPER race on SUPER Bowl Sunday and you may win a SUPER knitted Suzy hat. Doesn't that sound simply SUPER?



**Join us for the  
4th Down and 4 (Miles)  
Super Bowl Super Race**

NHTI Athletics Department  
4th Down and 4 (Miles)  
Super Bowl Super Race  
31 College Drive  
Concord, NH 03301  
*Address Correction Required*

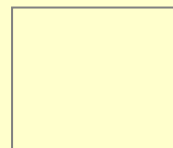


## 4th Down and 4 (Miles) Super Bowl Super Race

Sunday  
February 4, 2018  
at 11 a.m.  
at Delta Dental  
2 Delta Drive  
Concord NH



Hosted by Northeast  
Delta Dental & NHTI  
Cross Country Team



## Registration Information

Cost: Make a SUPER Donation to NHTI Cross Country Team

SUPER Prizes: top 3 male & female overall, top 3 in the following age categories: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59,60-69, 70+, Fillies (140+), and Clydesdales (190+)

SUPER raffle and SUPER goodies to eat.

Pre-registration: Send SUPER donation to Perry Seagroves, NHTI 31 College Dr. Concord, NH 03301

**Checks payable to NHTI, Concord's Community College**

**Enter the Team Competition: Minimum 3 runners to score, times are age/gender handicapped.**



You won't want to miss the following fun road races:

Saturday March 3 - NHTI Concord-Spring Ahead 5K Road Race- also benefits NHTI cross country team.

### Capitol Area Race Series (CARS)

Saturday March 31 - Gilmanon (5K)

Saturday April 7 - SEA Road Race in Concord (5K)

Friday April 20- NHTI/Delta Dental Road Race in Concord (5K)

Saturday May 12 - Canterbury Cross Country Challenge (5K)

Saturday June 9- NEDD Run for the Animals (5K)

Saturday June 23-Capital City Classic 10K- Concord

Saturday July 21 - Bill Luti 5 Mile Road Race in Concord (5 mile)

Saturday July 28- Canterbury Woodchuck Classic 5K

Go to [www.runcarsnh.com](http://www.runcarsnh.com)

## Entry Form

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Email \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_

Age as of 2/4/2018 \_\_\_\_\_

Clydesdale Male >190 lbs \_\_\_\_\_

Filly Female > 140 lbs \_\_\_\_\_

Team \_\_\_\_\_

I know that participating in the 4th Down and 4(Mile) Super Bowl Super Race is potentially a hazardous activity. I also know there may be traffic, and other hazards on the course. I assume any and all other risks associated with participation in an event of this nature including, but not limited to falls, contact with other participants, effects of weather, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry donation, I hereby for myself, heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue and waive release and discharge Delta Dental, NHTI, all sponsors, volunteers, and race officials from any claim or liability for death, personal injury, or damage of any kind or nature arising out of or in the course of participation in this event. This release and waiver extend to all claims of every nature, whatsoever, foreseen, known, or unknown.

Signature \_\_\_\_\_

Signature of parent if under 18  
\_\_\_\_\_

Date \_\_\_\_\_