

## ChronoTrack Timing

Your number bib is your timing device, so it's important to wear it properly for the most accurate results. When attaching your bib to your running shirt, be sure it is:

- ◆ clearly visible on the front of the torso
- ◆ unaltered or unmodified (do not fold or wrinkle)
- ◆ pinned in all four corners
- ◆ not covered with jackets, runner belts, water bottles, etc.



## OLD HOME WEEK



Barbershoppers  
return to  
Alton Bay for  
Old Home Week!

Old Home Week events include:

- Barbershop Jamboree
- Parade
- Fireworks
- Antique boat show
- Craft fair
- Live music
- and so much more!

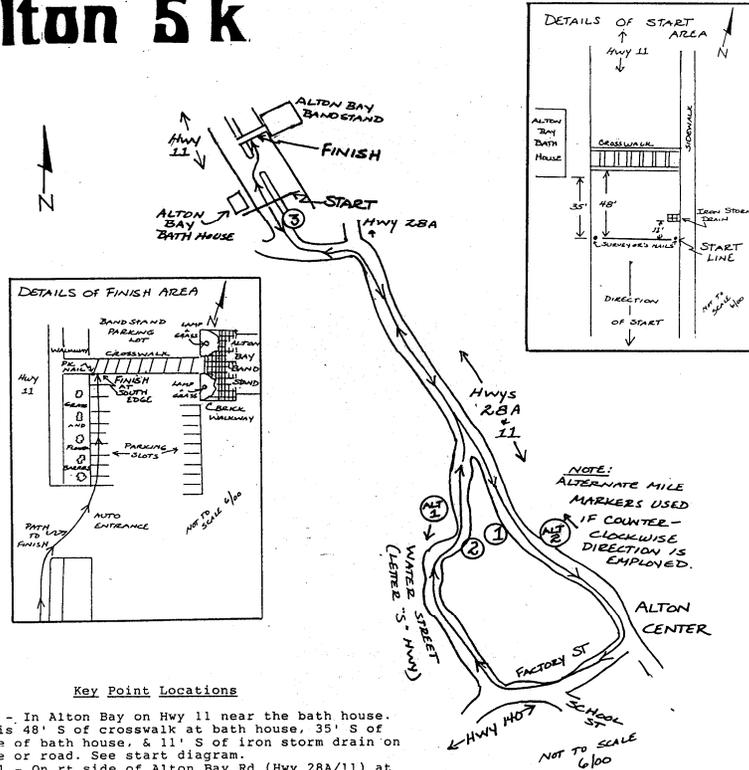
Old Home Week schedule of events will be available at local businesses or check [www.alton.nh.gov](http://www.alton.nh.gov) for event information.



**VOLUNTEERS**  
Volunteers are needed.  
Spots are limited.  
Call today.

## COURSE MAP

### Alton 5k



#### Key Point Locations

**Start** - In Alton Bay on Hwy 11 near the bath house. Line is 48' S of crosswalk at bath house, 35' S of S face of bath house, & 11' S of iron storm drain on E side of road. See start diagram.  
**Mile 1** - On rt side of Alton Bay Rd (Hwy 28A/11) at N end of Trustworthy hardware store & 50' before pole # 30402-33-2-11.  
**Mile 2** - Near Alton Hwy Dept building. Point is 115' before pole # 32-10-301-13, & 75' after Jones Field road intersection.  
**Mile 3** - On E curb line of Main St (Rte 11) in Alton Bay before entrance to Olde Bay Diner, & 43' before pole # 53-1A-301.  
**Finish** - In Alton Bay Bandstand parking lot at S edge of crosswalk leading to bandstand. One surveyors nail is at W end of crosswalk. See finish diagram.

In the event race is run around the loop in a counterclockwise direction, alternate mile marks are located as follows:  
**Alt mile 1** - On Water St near Alton Hwy Dept. Point is 73' after pole # 32-10-301-13.  
**Alt mile 2** - On E side of Alton Bay Rd. Point marked on sidewalk at pole # 30402-34-2-10.



# ALTON OLD HOME WEEK 5K ROAD RACE

Saturday, August 13, 2016  
Alton Bay, NH



## LAKE WINNIPESAUKEE



Food and Music!



Kick off Old Home Week with a scenic run through Alton Bay!

CO-SPONSORED BY:



### Contact information:

Alton Parks and Recreation Department  
328 Main Street (A.V.A.S. Public Park)  
PO Box 659  
Alton, NH 03809

603.875.0109 / Fax: 603.875.0242

email: [parksrec@alton.nh.gov](mailto:parksrec@alton.nh.gov)

website: [www.alton.nh.gov](http://www.alton.nh.gov) (under "Government")



# ALTON OLD HOME WEEK 5K ROAD RACE



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## RACE DAY

Saturday, August 13, 2016 – rain or shine

7:30-8:30AM – Pre-registered racer check-in, shirt pick-up, and same-day race registration

9:00AM – Race begins!

Post-race – Refreshments, awards and raffles for all paid participants

## SCENIC START/FINISH

The race will start and end in the parking lot adjacent to the Alton Bay Bandstand overlooking beautiful Lake Winnepesaukee.

GPS address: 58 Mount Major Highway (Rte 11), Alton Bay, NH 03810

## COURSE INFORMATION

ChronoTrack computerized chip timing provided by Granite State Race Services. USATF-certified course through Alton. Scenic, slightly varying paved course – flat/downhill with one moderate incline. Every mile is marked, with water provided at the 1.5 mile mark and finish area.

## AGE DIVISIONS FOR AWARDS

9 & under • 10-14 • 15-19 • 20-29 • 30-39  
• 40-49 • 50-59 • 60-69 • 70 & over

## PRIZES

- ◆ Overall male/female runner
- ◆ Top male/female runner in each age division
- ◆ First Alton male/female runner
- ◆ Winning team/family group

## PARKING OPTIONS

- ◆ On-street parking along Route 11
- ◆ At the Town Beach on Route 28A
- ◆ Overflow parking at Jones Field on Letter S Rd

## REGISTRATION COST

- ◆ \$20 if pre-registered by July 15  
\$25 if choosing tech shirt option by July 15 (if mailed, must be postmarked by July 15)
- ◆ \$25 if registered after July 15 or on race day
- ◆ Registration fees are non-refundable

## CHOOSING YOUR SHIRT

- ◆ A unisex long-sleeve **cotton** shirt will be available to all paid participants who have registered by July 15
- ◆ A gender-specific, long-sleeve **polyester tech race** shirt can be chosen (instead of the cotton shirt) for an additional \$5 cost to all paid participants who have registered by July 15 (not available in youth sizes)
- ◆ When choosing your shirt size, order very carefully, as there will be no exchanges

## OTHER IMPORTANT STUFF

- ◆ The race course accommodates all abilities, and walkers are welcome.
- ◆ For safety purposes, baby joggers, strollers, bikes, dogs & skates/boards are prohibited.
- ◆ Traffic control and ambulance personnel will be stationed along the route.
- ◆ Medical aid will be provided at the finish area.
- ◆ Post-race refreshments for paid participants will be offered near the finish line.

## TEAMS AND FAMILY GROUPS

- ◆ Team participation is encouraged and awarded! Pick a unique team name, or wear the same colored shirt or socks! Get creative! Invite your family, friends, social organization or school club to form a team. Groups will be awarded using age-graded scoring.

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## 3 WAYS TO PRE-REGISTER:

- 1 Complete this form and mail it with your check payable to **Town of Alton** to:  
Alton Parks and Recreation Dept.  
PO Box 659  
Alton, NH 03809
- 2 Drop off completed form and payment in person at:  
Alton Parks and Recreation Dept.  
328 Main Street, Alton Bay, NH  
(AVAS Public Park, across from Levey Park)
- 3 Register online and pay by credit card at [www.lightboxreg.com/alton5k2016](http://www.lightboxreg.com/alton5k2016).  
(additional online processing fee per applicant)

Please complete ALL fields legibly and remember to sign the Waiver and Release of Liability below.

\_\_\_\_\_  
Last Name First Name MI

\_\_\_\_\_  
Valid MAILING Address, City/Town, State, Zip Code

(\_\_\_\_)\_\_\_\_-\_\_\_\_ Gender: \_\_\_\_\_  
Contact Phone  M /  F Date of Birth

\_\_\_\_\_  
Email address Age on 8/13/16

**~ CHOOSE ONE SHIRT AND ONE SIZE ONLY ~**

Cotton shirt size if \$20 registration fee paid by 7/15:

YS YM YL S M L XL

Poly Tech shirt size if \$25 registration fee paid by 7/15:

Men's sizes (crew neck): S M L XL

Ladies' sizes (v-neck): S M L XL

## WAIVER AND RELEASE OF LIABILITY

Participation in the 5K Road Race may involve risk of injury including, but not limited to, sprains, torn muscles, cramps and heat exhaustion. By signing this form as a participant or parent/guardian, I attest and verify that I have full knowledge of the risks involved, and that I am, or my child is, physically fit to participate in this 5K Race. For myself, my heirs, executors and administrators, I hereby waive and release all rights and claims against the Town of Alton for any and all liability in case of death or injury during participation in this race.

\_\_\_\_\_  
Adult Signature Date Signed

check if under 18; parent/guardian must sign for minor)

