Couch to 5K Registration Form

Tuesdays at 6:00 pm and Saturdays at 8:30 am, May 9th July 4th
North Entrance of the Windham Rail Trail, 6 Depot Road Windham, NH (3 miles from the centers of Derry and Windham)

This program is designed for beginners who are interested in training for and running a 5K road race. Each training session is roughly 30 minutes

Sponsored by the Greater Derry Track Club with special thanks to the Windham Rail Trail Alliance

Directions to the Windham Rail Trail- From Derry and points north- Take Windham Road south into Windham. Look for the Windham Junction Country Store. Take a left on to Depot Road, the parking lot to the Rail Trail is your first right.

From Windham and points south-Take North Londonderry Road approximately 2.5 miles to the Windham Junction Country Store. Bear right on to Depot Road (in front of the store). The parking lot is your first right.

Contact Information: John McGarry (603) 890 6205 jmcgarry@gdtc.org

Mail Entry Form to: Greater Derry Track Club, P.O. Box 402, Derry, NH 03038
Registration is FREE!

Last Name _____ Email: _____

First Name _____

Address _____

City _____ State _____ Zip _____

** PLEASE READ AND SIGN RELEASE & WAIVER: In consideration of this entry being accepted, I hereby for myself, my heirs, executors and administrators waive any and all rights and claims for damages I may have, as a result of participating in this event, against the Greater Derry Track Club, the Windham Rail Trail Alliance and all other sponsors, contributors, organizers and volunteers of this event. I attest that I am physically fit to participate in this event and I assume all risks associated with running this event including, but not limited to: falls, contact with other participants, the effects of the weather, traffic and the conditions of the road or course. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

SIGNATURE _____ (Parent/Guardian if under 18)