

# 1st Annual



## 5K Road Race Walk, and Kids Fun Run

October 17, 2009

9:00 am

EPPING Elementary School

EPPING, NH

SPONSORED by:



Age Divisions: (Men and women)

13-19      20-29  
30-39      40-49  
50-59      60-69  
70 + over

### AWARDS:

- \*First Place male and female in each age Division
- \*First male and female finisher from EPPING
- \*Raffle for registrants During awards ceremony

### KIDS FUN RUN:

Fun run is one mile in length.  
ALL finishers will receive medal for completing the race.  
Awards will be given to the first place boy finisher, as well as the first place girl finisher.

### T-shirts

ALL who register before September 15, will receive a t-shirt. The rest will be given on a first-come first-serve basis.

### About EPPING Lighthouse Ministries:

ELM is a not-for-profit organization, started for purpose of providing family services to EPPING residents. The first of many branches of this ministry is The Porch, a teen youth center located on Main Street in EPPING.

Pricing for entries before September 15  
Pre-entry      \$15.00  
Family      \$60.00

Pricing for entries after September 15  
Family      \$20.00  
Family      \$80.00

The COURSE 3.1 miles USA Triathlon certified. Split times, and water at the 1.5 mile mark.

DIRECTIONS: 93S merge onto 101 East via exit 7 towards EPPING/KINGSTON.  
TURN LEFT onto NH 125/Calef Highway for 0.8 miles.  
TURN LEFT onto Water Street for 0.3 miles.  
TURN RIGHT onto Main Street for 0.4 miles.  
TURN onto Prospect Street.  
95N TAKE 101 exit, exit 2, towards Exeter/Hampton.  
Merge onto 101 towards Manchester/Concord.  
TAKE Route 125 exit, exit 7, towards EPPING/KINGSTON for 0.3 miles.  
TURN RIGHT onto NH 125/Calef Highway for 0.7 miles.  
TURN LEFT onto Water Street for 0.3 miles.  
TURN RIGHT onto Main Street for 0.4 miles.  
TURN onto Prospect Street.

[www.eppinglighthouse.org](http://www.eppinglighthouse.org)

Contact ADAM OR RACHELLE Chase for more info at 479-2092.