

The 29th Annual Reds Road Race is sponsored by:



Northeast Delta Dental



**More Race Sponsors**

Hannaford Food & Drug • Rehab 3 • New Balance  
Phoenix Assets Group, Inc. • Quizno's • Raiche & Company, CPAs PA  
Dr. Richard R. Scherf, D.M.D. • New England Mechatronics, Inc.  
Nary, Norris & Schlapak • Suntree Corporation  
Martin, Lord & Osman, P.A. • Mettee Planning Consultants  
Fiddlehead Farms Marketplace

**2010 New Hampshire Grand Prix Race Series**

<http://nhgp.nhrunning.com>

17th Annual Soup Kitchen 10K  
29th Annual Reds Race 5 Mile  
19th Annual Foothealth 5K  
Pack Monadnock 10 Mile  
43rd Annual Bill Luti 5 Mile  
Sandown 5 Mile  
Run for the Kids, Pawtuckaway 5K

Nashua, NH  
Dover, NH  
Derry, NH  
Wilton, NH  
Concord, NH  
Sandown, NH  
Nottingham, NH

Sunday, April 11, 2010  
Sunday, April 25, 2010  
Saturday, May 1, 2010  
Sunday, June 6, 2010  
Saturday, July 17, 2010  
Saturday, August 7, 2010  
Saturday, October 16, 2010

Reds Road Race  
PO Box 232  
Dover, NH 03821-0232

**N.H. Grand Prix Race Series**

*29th Annual*  
**Reds Race 2010**



*Run (or walk!)  
for a Better Community!*  
**Join us!**

**Sunday, April 25, 2010**

**5 Mile Road Race &  
3 Mile Walking  
Course**

**Start Time: 10AM  
Dover, NH**

5 Mile road race is USATF Certified  
NH#91003WN

**Special Thanks to:**  
Dover Recreation Department  
Rochester Runners Club

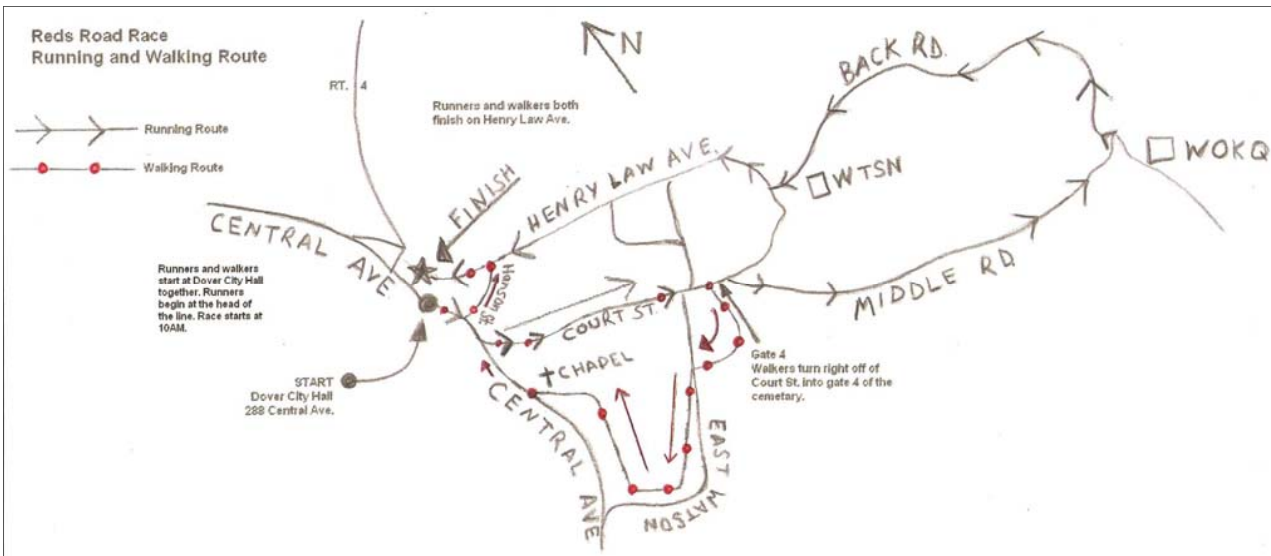
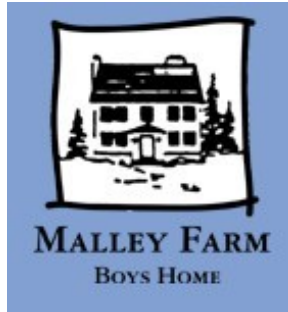
## WELCOME

Reds Race is a 5 mile road race and 3 mile walking course, open to anyone interested in either running or walking in this annual event. "Reds Race" was born out of the generosity of Red's Shoe Barn which introduced this race as the Red's Shoe Barn 5 Mile race 29 years ago.

Four years ago, Red's Shoe Barn turned the planning and execution of this race to five Strafford County non-profit organizations to transform this race into a fundraiser, benefiting the five non-profit organizations, with the intent to strengthen this community. This year, two new non-profit organizations have been added to join the partnership. Reds Race has also been accepted as one of seven races in the New Hampshire Grand Prix race series comprised of seven races throughout the state of New Hampshire.

## BENEFIT

Proceeds from the race will support these Strafford County non-profit organizations:



# On-Line Registration available at

[www.reds-race.com](http://www.reds-race.com)  
through Tuesday April 20, 2010

Pre-race registration is Saturday, April 24th at Red's Shoe Barn from 10:00am -1:00pm and will include:

- Early race packet pick-up
- Special prices on running shoes!
- Short sleeve **high-tech** shirts: first 200 runner pre-registrants
- Reds Race hats: first 250 walker pre-registrants
- RACE DAY RAFFLE for runners and walkers

Factory representatives will be available to answer questions at Red's Shoe Barn.

## Awards in 12 Separate Runner Divisions

## Male and Female Winners and Runner Up!

~Prizes in all categories~  
First Overall Male and Female  
**Age Categories:** 14 and under, 15-19, 20-29, 30-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-79, 80+

**Race Day Registration (POST)**  
Sunday, April 25, 8:00am to 9:30am at  
Dover City Hall

**Please, no dogs day of race.**  
**Thank you!**

# Individual Entry Form

Entry Fee 5 Mile Road Race: \$17 (POST \$20)  
Under 14: \$10 (POST \$15)  
Entry Fee Walking Course: \$10 (POST \$15)

Name: \_\_\_\_\_  
Please print clearly

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

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number: (\_\_\_\_)\_\_\_\_ - \_\_\_\_\_

Email Address: \_\_\_\_\_

Please print clearly

Contact preference: Email  USPS

Team Name (for NH Grand Prix Series): \_\_\_\_\_

T-Shirt Size:  Small  Medium

Large  X-Lg

### Please read liability statement:

In consideration for this entry being accepted, I hereby for myself, my heirs, executors, administrators, waive and release any and all rights and claims for damages I may have against Red's Shoe Barn, Inc, City of Dover, Rochester Runners, Dover Rec. Dept., the non-profit agencies named, their agents, representatives, successors, for all injuries suffered by me at said event or while traveling to or returning there from.

Signature: \_\_\_\_\_

If under 18, signature of parent or guardian

Return entry form with checks payable to  
**"Reds Race"**

**Reds Race**  
**PO Box 232,**  
**Dover, NH 03821-0232**

Pre-Entries postmarked no later than Tuesday, April 20th

Contact Person: Ken Houle 603-652-9983