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<tr>
<th>Name</th>
<th>State</th>
<th>City/Town</th>
<th>Zip</th>
<th>Address</th>
<th>Team Name</th>
<th>5K Walk</th>
<th>8K Run</th>
<th>5K Speed-Walk</th>
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**Grand Total**

Make checks payable to “Cottage Hospital”.

Include this form and your donations with your final registration.

Woodsville, NH 03785
90 Swinburne Road
P.O. Box 2001

Move your feet to stop Diabetes! One step at a time for everyone.
As a partner of Cottage Hospital, your support is critical so that we can help make life sweeter for everyone. All proceeds of this event allow us to support a Diabetic Education program for our community. The American Diabetes Association reports that 79 million Americans are considered pre-diabetic and it is estimated that 1 in 3 adults will develop diabetes by 2050 if present trends continue.

**EVENT INFORMATION**

**LOCATION** Dr. John Baganz Community Building, High Street, Woodsville, NH.

**START** 5K Walk 9am, Race & Speedwalk 9:30am

**REGISTRATION FEE** 5K Walk—Free
5K Speedwalk and 8K Run—$30.00 (includes event shirt)

Race day registration begins at 8am

Course Maps will be available at time of registration, or you may call (603) 747-9707 to have one sent.

**COURSE RECORDS**

Female: Maureen Eaton 32:37 (2001)
Male: Keith Woodard 26:51 (2001)

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**FUNDRAISING PRIZES**

**GRAND PRIZE** The top fundraiser who raises $500 or more will get: A One Night/ Two Day Vacation Package for 2 at the Lake Morey Resort (includes lodging, breakfast, dinner and unlimited green fees and use of resort’s standard amenities.)

<table>
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<tr>
<th>COLLECT &amp; WIN!</th>
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<tr>
<td>$30</td>
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**OUR PARTNERS**

We’d like to thank our sponsors for their generous contributions to this important community event.

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WAIVER: In consideration of this entry being accepted, I hereby, for myself, heirs, executors, and administrators, waive and release any and all claims for personal damage I may have against Cottage Hospital, the sponsors of this event, the community of Woodsville, and any other volunteers and organizations related to this event. In addition, I grant full permission to any and all of the foregoing to use any photographs, videotape, motion pictures, recordings or any other record of this event.

*(office use only)* Funds raised: