



To volunteer, make a monetary donation, or learn more about the Erica Pombrio Foundation, please visit:

[WWW.ERICASRUN.COM](http://WWW.ERICASRUN.COM)

**Thank you for your support!**

Like Erica's Run on 

Name: \_\_\_\_\_

Street/POB: \_\_\_\_\_

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

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Gender: M \_\_\_\_\_ F \_\_\_\_\_ Age \_\_\_\_\_

**FIRST 300 PARTICIPANTS WILL BE GUARANTEED A SHIRT!**

<b>*** T-SHIRTS ***</b>				
<b>KID'S SIZES:</b>	<b>M</b>	<b>L</b>	<b>XL/Adult S</b>	
<b>ADULT SIZES:</b>	<b>S</b>	<b>M</b>	<b>L</b>	<b>XL</b> <b>XXL</b>

_____	Kids (12 or younger) 1k Fun Run	\$15.00
_____	5k Run/Walk	\$25.00
<b>** TEAM /FAMILY PRICING**</b>		
_____	3 Person Team	\$60.00
_____	4 Person Team	\$75.00
_____	5 Person Team	\$90.00
	<b>**Each additional team member **</b>	<b>\$15.00</b>

Team/Family Name: \_\_\_\_\_

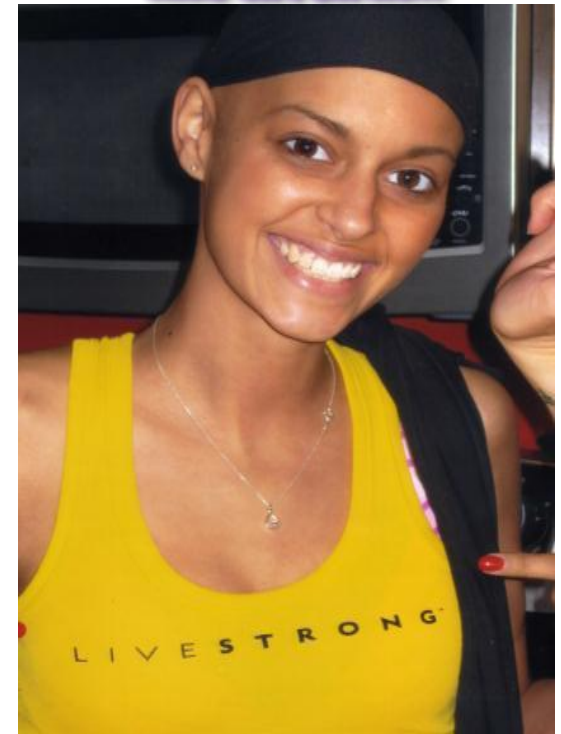
**Race Agreement:** By signing below, I understand and agree to the following. I know that to do a road race/walk is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the race. I assume all risks associated with running/walking this event including, but not limited to, falls, contact with other participants, the effect of weather, or traffic. I waive, release, discharge, covenant not to sue, indemnify and hold harmless the Town of Merrimack, the Merrimack School District, 3C Race Productions, the race committee, all sponsors, officials and successors from and against all actions, suits, liabilities, claims, demands, cost (including legal fees and expenses) or damages arising out of my participation in this event, whether the results of negligence of any foregoing parties or otherwise. No skateboards, bikes, roller blades or animals are allowed on the course. I give my full permission to use my likeness in all media, photo, recording or other record of this event for any legitimate purpose.

Signed \_\_\_\_\_ Date \_\_\_\_\_

Parent's signature required if participant is under age 18)



# 4<sup>TH</sup> ANNUAL ERICA'S 5K RUN KIDS 1K FUN RUN



***Saturday, Sept 21, 2013***

**Merrimack High School**

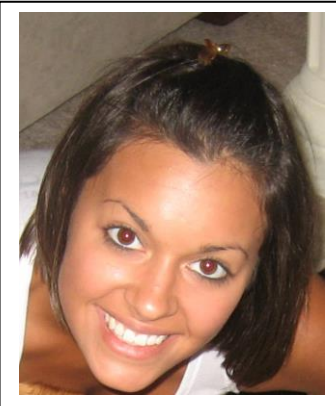
**Kids 1K @ 9:00 am**

**5K Run @ 9:30 am**

On September 19, 2009, Erica Pombrio, 23, an attendee of Merrimack High School and the daughter of local business owner, Lisa Pombrio Spinney (Strikeback Dynamic Defense Systems) lost her courageous battle with cancer. Throughout her fight, she held on to hope and prayed that one day, she would be cancer free so she could help others affected by this disease.

### **ERICA'S RUN**

is an annual event to honor our angel, Erica Nicole Pombrio, and celebrate her life and ALL our loved ones lost to cancer.



With each step we take, we hope to help ease the pain and suffering by donating all proceeds of the race to one or more Merrimack families affected by cancer.

**Join us this year and help Erica's friends and family fulfill a wish from Erica's journal.**

### **5k Race Route:**

**This 3-lap 5k** course starts on McElwain St. near Merrimack High School. Runners will turn left onto Baboosic Lake Road and then make another left onto O'Gara Drive.



Sat. 9/21/13 9:00 am  
Merrimack High School

Kids 1k Run \$15.00  
5k Entry Fee \$25.00

Family/Team Pricing  
on reverse side

Participants may pick up race numbers on Friday 9/20 from 6 - 8 pm at:

**Strikeback Dynamic Defense**  
454A DW Highway  
Merrimack, NH 03054

(603) 262-9299

or the day of the race beginning at 8:00am

**\* RAFFLE PRIZES AT RACE \***

FILL OUT THE REGISTRATION FORM ON THE REVERSE SIDE & RETURN IT TO STRIKEBACK OR REGISTER ONLINE AT:

[WWW.COOLRUNNING.COM](http://WWW.COOLRUNNING.COM)

or

[WWW.ACTIVE.COM](http://WWW.ACTIVE.COM)