

**WHEELCHAIR AWARDS**

The first male and female finishers will receive awards based on net times. Awards will be presented on race night.

**NEW HAMPSHIRE'S FIRST**

The first male and female New Hampshire residents who cross the Finish Line will receive a cash award of \$100 each. Winners must be 18 years or older and proof of residency is required.

**MASTERS**

The best male and female masters (ages 40+) finishers will receive a cash award of \$400. Masters participants will be ranked on an age-graded basis based on net time. In the instance of a tie, the award goes to the fastest time (before age-grading).

**TOP FINISHERS**

All cash awards winners must have a valid taxpayer identification number or social security number. Cash awards will be mailed to the first five overall male and female finishers (based on official time) after CIGNA HealthCare has received a valid taxpayer identification number or social security number. Required documentation MUST be provided by December 1, 2009. Checks will not be processed beyond the race calendar year.

**RESULTS**

Results will not be posted at the race. Comprehensive team and individual results will be posted on the Internet at [www.coolrunning.com](http://www.coolrunning.com).

**COURSE RECORD BONUS\***

(Male) Joseph Mwai (2003) 13:54.8

(Female) Marie Davenport (2004) 15:38.41

**\$1,000** bonus for winners besting the above Course Records.

**\$500** to all non-winning individuals who also best the Course Records.

**\$250** to all individuals who better 14:50 men, 17:20 women.\*\*

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\* One bonus per person.

\*\* 1st, 2nd, 3rd, 4th and 5th place winners are NOT eligible for 14:50/17:20 bonus awards.

**TOP MALE & FEMALE PRIZES**

1st Place Male & Female:	\$600 each
2nd Place Male & Female:	\$500 each
3rd Place Male & Female:	\$400 each
4th Place Male & Female:	\$300 each
5th Place Male & Female:	\$200 each

**FOR YOUR FUN AND SAFETY**

We anticipate more than 5,000 participants in this year's race. We are pleased that the race has become such a popular family event and want to keep it safe for all participants. Therefore, no bikes, roller blades, skateboards or pets will be allowed on the course. In addition, because the CIGNA/Elliott Corporate 5K Road Race is a USATF sanctioned event and therefore must abide by USATF sanction rules, **strollers are not permitted on the course**. USATF strictly prohibits the use of strollers as they present potentially dangerous situations not only for the child in the stroller, but for those participating in the event. Anyone running with a stroller will be asked to relinquish their D-Tag at the Start Line if they are in a running wave and/or will be disqualified at the Finish. If you have concerns about this rule, please ask a Race Volunteer to put you in contact with a Race Committee member.

**DIRECTIONS TO VETERANS PARK**

**From the South:** Take the Everett Turnpike or Route 93N to Route 293N. Take Exit 5 (Granite Street). Turn right at bottom of the ramp, cross the bridge and proceed straight through two lights. Look for the Center of NH Parking Garage on your left. Veterans Park will be diagonally across to the left.

**From the North:** Take Route 93S to Route 293S. Take Exit 5. Bear left off of the exit, cross the bridge and proceed straight through two lights. Look for the Center of NH Parking Garage on your left. Veterans Park will be diagonally across to the left.

**From the East:** Take 101 West to 93S. At the split, follow signs for 293N. Follow 293N to Exit 5 (Granite Street). Turn right at the bottom of the ramp, cross the bridge and proceed straight through two lights. Look for the Center of NH Parking Garage on your left. Veterans Park will be diagonally across to the left.

**MORE INFORMATION**

For more information, call the CIGNA/Elliott Corporate 5K Road Race Hotline at 1.800.554.1664 or visit us on the Web at [www.elliiohospital.org](http://www.elliiohospital.org).

**PARKING**

Park at one of the following city parking facilities which charge variable rates.

**PARKING LOTS**

Facility	Spaces
A. Pearl St. Lot	330
B. Hartnet Lot	216
C. Arms Lot Ext.	50
D. Middle St. Lot	67
E. Pine St. Lot	163

**PARKING GARAGES**

Facility	Spaces
AA. Center of NH	1,018
BB. Canal St.	606*
CC. Victory	856

**LEASED LOTS**

(Available after 5:30 PM)

Facility	Spaces
1. Bedford Lot	109
2. Arms Lot	353
3. Granite St. Lot	67



\*Paid parking available until 9:00 PM



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Elliott refers to Elliott Health System and all of its subsidiaries and affiliates.

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SEVENTEENTH ANNUAL CIGNA/ELLIOT

CORPORATE 5K ROAD RACE

THURSDAY, AUGUST 13, 2009  
START TIME: 6:20 PM

VETERANS PARK, ELM STREET  
MANCHESTER, NH



**WELCOME**

The CIGNA/Elliott Corporate Road Race is a 5K (3.1 mile) event, open to Corporate Teams and Individuals. This application is for Individual participants only, if you are interested in entering the race as a member of a corporate team, please call 1.800.554.1664 to request a corporate team packet.

**BENEFIT**

Proceeds from the race will support Elliot Health System. In the last year, Elliot provided over \$38 million in uncompensated care to the community. This year, financial support provided to Elliot Health System will target the cost of health care services for the uninsured and underinsured.

**TO ENTER**

Complete and sign the attached Official Entry & Release Form and mail it, with your entry fee, to the address at the bottom of the form.

**REGISTER ONLINE**

Individuals can also register online at [www.elliotohospital.org](http://www.elliotohospital.org). Online registration is fast and easy, and you'll receive confirmation of your entry electronically. Simply fill out the online Official Entry & Release Form and select a payment option. If you choose to pay by check, checks should be made payable to CIGNA/Elliott Corporate 5K Road Race and mailed to PO Box 2041, Concord, NH 03302-2041. Be sure to include the name of the individual participating in the race on your check.

**CHECK-IN/REGISTRATION**

Preregistered individuals can check-in at Veterans Park, Thursday, August 13, noon to 6:00 PM. You will receive your t-shirt, pins and bib number when you check in. Individuals who wish to register that day can do so at the registration table located in Veterans Park from noon to 6:00 PM.

**ENTRY FEE**

The entry fee is \$20 in advance, \$25 after August 7th and on race day. Mail your completed Official Entry & Release Form, along with a check made payable to CIGNA/Elliott Corporate 5K Road Race, PO Box 2041, Concord, NH 03302-2041. No refunds or substitutions.

**Advanced registration must be received by August 7th.**

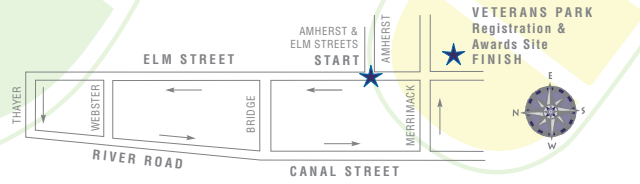
**NEW IN 2009**

**DONATION**

Although donations are not required to participate, we certainly encourage you to support Elliot Health System in their efforts to provide care to those in your community who do not have health insurance or who are underinsured. The suggested giving levels are \$25, \$50 or \$100. However, if you prefer to contribute at another level, any donation amount is appreciated. It is important for tax purposes that checks for donations be made payable to the Mary & John Elliot Charitable Foundation. A separate check made payable to the CIGNA/Elliott Corporate 5K Road Race should be written for the Entry Fee.

**THE COURSE**

A fast USA Track & Field Certified (NH98030WN) 5K (3.1 mile) loop starting at Amherst and Elm Streets, heading north on Elm, west on Thayer, south on River Road and Canal Street and finishing on Merrimack Street, next to Veterans Park.



**SANCTION**

USA Track & Field



**TIMING & SCORING**



**CHRONOTRACK D-TAG**

The CIGNA/Elliott 5K will be using the latest technology in race timing, called ChronoTrack. The ChronoTrack D-Tag must be worn throughout the race – whether you are walking or running – to ensure your safety on the course and the accuracy of the overall results. Even better, the tag does not have to be returned after the race – it can be thrown away. Once the D-tag is attached to your shoe, you will quickly forget that it is even there!



Visit this web site for more information on the D-Tag Timing Device: <http://www.youtube.com/watch?v=qDTIvzVMYc8&feature=related>

**IMPORTANT NOTE:** A D-Tag Timing Device will be assigned to you and will be included in your race packet. **Tags are pre-assigned and not transferable.**

Any individual wearing someone else's tag or more than one tag will be disqualified.

The results will include both your **Net Time** and **Official Time**. The **Official Time** will be used to determine the overall order of finish and the winners of the top five male and female cash prizes. It is also used for national, state and course records. All other awards will be based on **Net Time**.

**Net Time – Your Net Time begins when you cross the Start Line and ends when you cross the Finish Line.**

**Official Time – Your Official Time begins when the starting gun is fired and ends when you cross the Finish Line.**

The D Timing Tag comes assembled as part of your BIB NUMBER. Simply tear the D-Tag off of the BIB NUMBER and attach it to your shoe (instructions listed below). In addition, the D-Tag is disposable, so once you cross the Finish Line, no stopping to

remove your timing device and no worries about returning your timing device after the race or paying its replacement cost. Simply discard it.

**D Timing Tag Instructions:**

1. Remove shoe tag and directions from bib.
2. Separate shoe tag from directions by folding at perforation and tearing apart.
3. Crease tag on fold lines.
4. Insert the tag under the shoe laces, face down.
5. Remove adhesive tab (located on the backside of the marked black area).
6. Attach adhesive tab to non-adhesive tab.
7. Press together firmly forming a "D" shape.
8. Position tag number up.

**RACE-NIGHT FEATURES**

Veterans Park, located at the intersection of Elm and Merrimack Streets in Downtown Manchester, is the Registration and Awards site. Pick up your t-shirt, pins, and bib number between noon and 6:00 PM.

- ▼ Veterans Park on Elm Street in Manchester is our pre- and post-race site.
- ▼ WMUR-TV will feature the race start as part of the 6:00 PM sports segment.
- ▼ The Mayor of Manchester is invited to fire the starting gun.
- ▼ The Elliot Hospital First Aid Tent will be stationed in the park.
- ▼ Signature CIGNA/Elliott T-shirt.
- ▼ A water station will be available on the course (Thayer Street) and at the Finish Line.
- ▼ Medical support will patrol the route and also be stationed at the Finish Line.
- ▼ Display clocks will mark each mile and the finish.
- ▼ ChronoTrack D-Tag Timing.
- ▼ Complimentary refreshments will be served in the park immediately following the race.
- ▼ Finisher's Award for all participants who complete the race.
- ▼ Jillian's (corner of Commercial and Granite streets) will host the after-party.

**WAVE START**

A wave start ensures that each participant is grouped among those individuals at the same fitness level and that the competitive runners have a clear field ahead of them.

**FINISHER'S AWARD**

All participants who finish the race will receive a special commemorative Finisher's Award.

**INDIVIDUAL AGE DIVISION AWARDS**

The first three male and female finishers in 15 separate age divisions (as indicated below) will receive awards. Individual age division prizes will be mailed to the winners.

14 & Under	25-29	40-44	55-59	70-74
15-19	30-34	45-49	60-64	75-79
20-24	35-39	50-54	65-69	80+

**OFFICIAL ENTRY & RELEASE FORM**

ALL INFORMATION MUST BE PROVIDED IN ORDER FOR ENTRY FORM TO BE PROCESSED AND APPLICANT REGISTERED.

LAST NAME (PLEASE PRINT CLEARLY)

AGE ON 8/13/09

STREET ADDRESS OR PO BOX

CITY

STATE

ZIP CODE

DAY PHONE

EVENING PHONE

E-MAIL

FOR OFFICIAL USE

T-SHIRT SIZE

DATE OF BIRTH (REQUIRED) (MO DAY YR)

STATE

ZIP CODE

INITIAL

WAVE START GROUP (SELECT ONE):\*  COMPETITIVE RUNNER (23:00 OR FASTER)  RECREATIONAL RUNNER (23:00 – 28:00)  WALKER  WHEELCHAIR

FOR OFFICIAL USE

S  M  L  XL  XXL

APPLICANT SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_ SIGNATURE OF PARENT OR GUARDIAN IF APPLICANT IS UNDER 18 \_\_\_\_\_

\*If you don't select a start group you will be assigned to the walking group.  
RELEASE/WAIVER: I know that running and road racing are potentially hazardous activities. I will not enter and run in the August 13, 2009, CIGNA/Elliott Corporate 5K Road Race 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 event. I assume all risks associated with participation in this event including, but not limited to, falls, contact with other participants, the effects of the weather including high heat and/or humidity, traffic, and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my application, I for myself and anyone entitled to act on my behalf, waive and release CIGNA Corporation and all of their affiliates, and subsidiaries, Elliot Health System, Granite State Race Services, the city of Manchester, Veterans Park, all volunteers, all sponsors, all beneficiaries, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. 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. I acknowledge that entry fees are non-refundable and non-transferable for any reason. Athletes who participate in this competition may be subject to formal drug testing in accordance with USA Track & Field rules and IAAF Rule 144. Athletes found positive for banned substances, or who refuse to be tested, will be disqualified from this event and will lose eligibility for future competitions. Some prescription and over-the-counter medications contain banned substances. Information regarding drugs and drug testing may be obtained by calling the USOC Hot Line at 1-800-233-0393.