



2022 Super Senior DeMar Marathon IMPORTANT DATES! **SAVE THIS DOCUMENT!**

BETWEEN MAY 1 AND AUGUST 26:

- Start right now! Walk or jog any distance you choose. Set your own pace. Slow is fine!
- Your goal is to complete a total of 25 miles on or before August 26.
- Fill in the boxes on your log sheet to keep track of your miles. Each box equals 1 mile, divided in 1/2 miles. It's fine if you do less than a 1/2 mile. Just keep adding up the distance you cover, filling in your log until you reach 25 miles.
- When you complete 25 miles, **turn in your registration form AND log** into the Keene Senior Center or it can be mailed to the Keene Senior Center, 70 Court Street, Keene, NH, 03431.
- Information about the pre-race dinner will be sent to you this summer.

AUGUST 26-LAST DAY TO TURN IN REGISTRATION AND LOG SHEET

SEPTEMBER 23 AND 24- Packets with tee-shirts and bib numbers can be picked up at The Keene Senior Center: Friday 9am-5pm or Saturday 9am-11am. Out-of-town participants can pick up their packets the day of the race at the start.

SEPTEMBER 25-RACE DAY! Wear your 2022 Super Senior tee-shirt. Join a great group of Super Seniors to walk or jog the final 1.2 miles of the DeMar Marathon course at your own pace. Check-in is from 7:15-7:45am. The race begins on Optical Avenue.

**START TIME FOR SUPER SENIORS IS 8AM SHARP!
WE LOOK FORWARD TO SEEING YOU THERE!**





2022 Super Senior DeMar Marathon Signup

Are you over 70?

You have all summer to walk a total of 25 miles!

PLEASE READ INSTRUCTIONS CAREFULLY

Turn in your registration form when you have **COMPLETED** your 25-mile log. Your registration form *must* be accompanied by your mileage log.

Your registration and log must be turned in no later than AUGUST 26th. Turn in your two forms to The Keene Senior Center.

You will receive a free t-shirt if you turn in your registration and log by August 26th. Shirts will be given out a few days before the DeMar Marathon.

You must wear your Super Senior t-shirt on race day, September 25, 2022.

Walk or jog the last 1.2 miles of the official Clarence DeMar Marathon and receive your finisher's medal! This program is FREE and FUN!

Questions? Call The Keene Senior Center (603-352-5037).

REGISTRATION

FIRST NAME _____ LAST NAME _____

BIRTHDATE _____ SHIRT SIZE _____

MAILING ADDRESS _____

CITY _____ STATE _____

ZIP CODE _____

PHONE _____ EMAIL _____

Release and Waiver: In consideration of the acceptance of participation, I, for myself, my children, my executors, my administrators and my trustees, waive and release any and all rights and claims for death, injuries, loss, damages or otherwise that we may have against the Rotary Club of Keene-Elm City, Keene State College, the City of Keene, the Town of Gilsum, the Village of Surry, Ted's™ Shoe & Sports, Keene Senior Citizen's Center, the Hoffman Family Foundation, volunteers, organizers & any approved affiliate or sponsor of the Clarence DeMar Marathon to be held on 9/25/2022. I understand that the race committee reserves the right to reject any race application and to shorten or cancel the event if environmental or other safety conditions so dictate. I give permission for photographs or video of participants to be used for event publicity. Finally, I understand that inline skates, roller blades, bicycles, baby joggers, animals, skateboards and headsets are prohibited from the race and I will abide by this guideline.

PARTICIPANT SIGNATURE _____