



11TH ANNUAL RACE
SUNDAY, SEPTEMBER 24, 2023
2023 Super Senior DeMar Marathon
IMPORTANT DATES! **SAVE THIS DOCUMENT!**

BETWEEN MAY 1 AND AUGUST 25:

- 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 25.
- 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 on Saturday, September 23rd will be sent to registered participants this summer.
- You are expected to be able to walk the complete 1.2 miles on race day. Practice walking that distance before race day.
- This is not a virtual race. You must attend the Sunday, September 24th race to receive a medal.

AUGUST 25-LAST DAY TO TURN IN REGISTRATION AND LOG SHEET

Bag/Shirt Pick up- The date for this will be determined closer to the race. Emails and phone calls to everyone registered will be made.

SEPTEMBER 24-RACE DAY! You **MUST** WEAR YOUR 2023 SUPER SENIOR T-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.

THERE WILL BE 3 DIVISIONS THIS YEAR. Super Senior 70-79.
Super Duper Senior 80-89. Legends 90+

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





2023 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 25th. Turn in your two forms to The Keene Senior Center or mail them.

You will receive a free t-shirt if you turn in your registration and log by August 25th. Shirts will be given out a few days before the DeMar Marathon.

YOUR MUST WEAR YOUR SUPER SENIOR T-SHIRT ON RACE DAY, September 24, 2023.

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).

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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 9/24/2023. 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 _____