

## **2020 Super Senior DeMar Marathon\* IMPORTANT DATES! SAVE THIS DOCUMENT!**

### **BETWEEN MAY 1 AND AUGUST 28:**

- 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 28.
- 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.

### **AUGUST 28—LAST DAY TO TURN IN REGISTRATION AND LOG SHEET**

**SEPTEMBER 19**—Last day to sign up for pre-race dinner.

**SEPTEMBER 26**—Pre-race dinner. Details to be determined closer to the date.

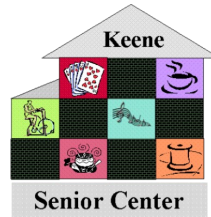
**SEPTEMBER 25 AND 26**—Packets with tee-shirts, bib numbers and race info can be picked up at The Keene Senior Center: Friday 9am—5pm, Saturday 9am-noon or at the pre-race dinner. Out-of-town participants can pick up their packets the day of the race at the start.

**SEPTEMBER 27—RACE DAY!** Wear your 2020 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 7-7:55am. The race begins on Optical Avenue. (Info on parking, race route, etc. will be in your race packet.)

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

\*Changes may result due to the coronavirus





## 2020 Super Senior DeMar Marathon Signup

Are you over 70?

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

### PLEASE NOTE NEW FORMAT FOR REGISTRATION THIS YEAR

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 28th. 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 28th. Shirts will be given out a few days before the DeMar Marathon.

You must wear your Super Senior t-shirt on race day, September 27, 2020.

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!

Want to receive updates about Super Senior activities and training opportunities throughout the summer? Send an email to: [mlane@ne.rr.com](mailto:mlane@ne.rr.com).

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

### REGISTRATION

FIRST NAME \_\_\_\_\_ LAST NAME \_\_\_\_\_

BIRTHDATE \_\_\_\_\_

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 9/27/2020. 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** \_\_\_\_\_