

Betty J Borry Breast Cancer Retreats

The Betty J Borry Breast Cancer Retreats is an amazing non-profit organization that reaches beyond the framework of a traditional support group. In doing so, it creates an outdoor experience of comradery, adventure, and challenge to cope with this life threatening disease. The women, kayaking, hiking, and sharing their stories and their strengths, receive the support and care they seek. The retreats are held three times per year for women throughout New Hampshire and bordering states. Visit the Betty J Borry Breast Cancer Retreats for more information (www.bjbbreastcancerretreats.org).

Directions

From the North or south take Rt. 93 to exit 25. At end of ramp, go left toward rt. 175. Follow up hill to Holderness School and turn left onto Mount Prospect Road. Entrance to event and parking is immediately on left.

Many Thanks to our sponsors - Sponsorships still available

Qualey Carpentry, LLC
Industrial Instrumentation and Controls
Bank of New Hampshire
Community Clay Center
Connor Forge

Join us for the setting, the competition, the delicious food, family, friends, and the comfort of knowing all proceeds go to women surviving and thriving with breast cancer.



5k Trail Trot

Sunday, November 6, 2016

Holderness School

Holderness NH

At 10:00 AM

Principal Sponsors:



Betty J. Borry
BREAST CANCER RETREATS

The TORTUGA TRAIL TROT

An event that makes a difference!

How to Trot

Run, walk, gallop, stroll, find the pace that works for you and go for it.

Why Trot?

Because you can! Be with family and friends, compete and laugh, have fun on the beautiful Holderness School trails! Music, food, and prizes.

You don't want to miss it! And remember, all proceeds go to support the Betty J. Borry Breast Cancer Retreats.

Costumes?

Of course!! Along with your running shoes wear your finest pink, Tortuga, or Halloween threads, they will keep us entertained and warm!

Wear pink, showing your support of women surviving and thriving with breast cancer, and you will earn an "extra" prize ticket!!

The Course

The course starts and finishes on the grounds of the Holderness School athletic field. It quickly transitions to a trail and meanders along the tree lined cross country ski course. The trail is characterized by uneven ground and hills.

Due to the terrain, **no strollers** are allowed.

Race Day Shirts!

Trotters who register **before October 20** are guaranteed a Tortuga Trail Trot T-shirt! A limited supply of shirts may be available on race day for those registered after Oct. 20.

Professional Timing by:

Granite State Racing Services

Race Day

Registration	8:45 AM
Race Start:	10:00 AM
Children's Fun Run	10:45 AM
Awards/Raffles	11:15 AM

Race Day Prizes

Many! Awards will be given to the top three overall male and female trotters; to the top male and female age group winners (14 and under, 15 - 19, 20 -29, 30 - 39, up to 80 - 89); the fastest team; and the top three costumes (informally judged). Every participant receives a ticket to be in the drawing for our many donated prizes!

Teams (families)

Do you want to run with your friends or family, sign up as a team? Your team can be as large as you like with a minimum of 3 participants. The top three finishers on each team will score toward the team's time.

Children's Fun Run

For those 9 years old and younger, eager to join in the festivities, there is a fun run at 10:45 AM. All kids who **register before Oct. 20** will receive a youth Tortuga Trail Trot t-shirt. The Fun Run will take place in the large field. Be ready for a few obstacles to keep the event interesting! An award for all participants!

Registration Fees

Individual (early)	\$25 Before Oct. 20
(late)	\$30 After Oct. 20
Children's Fun Run	\$10

Answers to Questions

Email: tortugatrailtrot@gmail.com

Registration Form

Name _____
Address _____
City _____ St _____ Zip _____
Email: _____
Phone _____ Birthdate ____/____/____
Age on Race Day _____ Male _____ Female _____

Are you on a team?

Team Name: _____

Shirt Size (please circle):

Men's: S M L XL

Women's: S M L XL

Children & Fun Run Sizes: YS YM YL YXL

T-shirts are not guaranteed after 10/20

Make all checks payable to:

Betty J Borry Breast Cancer Retreats

MAIL Registration to:

Kathleen Phillips Connor

P.O. Box 63 Hebron, NH 03241

OR

Register on line:

www.bjbbreastcancerretreats.org

Please sign the release

Waiver: I know that running is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I assume all risks associated with this event. Having read this waiver and knowing these facts and in consideration of your accepting my entry fee, I, for myself, and anyone entitled to act on my behalf, waive and release, the coordinating group, individuals associated with the event, and all sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in this event. I also hereby grant full permission to any and all of the foregoing to use my likeness in all media pictures, photographs, or any other record of this event for any legitimate purposes.

Signature (Parent's Signature If under 18)

Date