

Around Town 5K

Saturday July 10, 2010 Registration begins @ 6:30 AM

Walkers 7:45 AM Runners 8 AM 1 Mile Fun Run 8:45 AM

Registration Fee: \$10.00 for 5K \$3.00 for Fun Run

All proceeds go to the East Millinocket Celebration Committee.

Course: The Around Town 5K is run on pavement covering the outside loop around East Millinocket. The course is relatively flat, but includes one long uphill section during the first mile of the course. Racers will leave Opal Myrick Park on Church Street, travel in a clockwise loop, and finish back on Church Street. Maps will be available at the registration table on race day.

For information or to mail registration forms contact

Email: eastmill5K@yahoo.com

Nick Lyons

14 Palm St

E Millinocket ME 04430

Registration Form

Name _____ Age _____ M/F

Address _____

T-Shirt Size: S M L XL Race Registration 5K \$10 Fun Run \$3 Total \$ _____

I know that running a road race is a potentially hazardous activity. I should not enter and run 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 run. I assume all risks associated with running this event including, but not limited to, falls, contact with other runners, the effects of weather including heat 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 entry, I for myself and anyone to act on my behalf, waive and release the Town of East Millinocket, all sponsors, and their representatives from all claims or liabilities of any kind arising out of my participation in this event.

Signature _____ Date _____