



**MAINE  
EASTERN  
RAILROAD**

*brings you the*

**Mother's Day  
5K Road Race  
May 9, 2009**

*A qualifying race  
for the Rock Coast  
Runnerspoint Series*



### RACE INFORMATION

Date: Saturday, May 9, 2009  
Time: Kids' Mad Dash 8:30 am; 5K immediately following  
Registration: 7:00-8:15 am @ Maine Eastern Railroad, Pleasant St.  
Distance: 5K (3.1 miles around Rockland)  
Location: Start: intersection of Pleasant & Union Streets  
Finish: Maine Eastern Railroad, Pleasant Street

**Registration Fee (due May 5th):** \$15.00 single \$20.00 family

**\*\* For registrations after May 5th, add \$5.00 \*\***

### 1st Place Prizes Awarded in the Following Categories:

<u>Single*</u>	<u>Family</u>
Male	Adult with stroller/buggy
Female	Adult(s) with minor child(ren)

\* Overall and age category winners.

**WALKERS WELCOME!**

"Oldest mother" entrant honored. **SORRY, NO PETS ALLOWED!**

**PLEASE COMPLETE AND MAIL THE FORM BELOW OR REGISTER ONLINE AT WWW.PENQUIS.ORG**

In consideration of this entry being accepted, I for myself, my heirs, executors, administrators, hereby waive and release any and all rights and claims for damages I may have against the City of Rockland, sponsors, supporters, volunteers and officials of the Penquis Mother's Day Road Race. I attest and verify that I am physically fit to participate in this race and have full knowledge of the risks in this event.

NAME \_\_\_\_\_

MAILING ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

SIGNATURE \_\_\_\_\_ **Parent or legal guardian signature needed for children under 18.**

#### CATEGORY: Only one category per registration.

##### Single

\_\_\_\_\_ Age as of May 9, 2009. \_\_\_\_\_ Male \_\_\_\_\_ Female

##### Family

\_\_\_\_\_ Adult(s) with buggy or stroller

\_\_\_\_\_ Adult(s) with minor children

Name and Ages of Family Participants:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

#### Names/Ages of Children Participating in Mad Dash

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

#### PAYMENT

- Single Entry, Advanced Registration (by May 5th) - \$15
- Single Entry, Registration after May 5th - \$20
- Family Entry, Advanced Registration (by May 5th) - \$20
- Family Entry, Registration after May 5th - \$25
- Kids' Mad Dash—FREE

Amount Enclosed: \$ \_\_\_\_\_

- Check (please make check payable to Penquis)
- Credit Card \_\_\_\_\_ Visa \_\_\_\_\_ Mastercard

Name on Card: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

Credit Card Number: \_\_\_\_\_

First 100 registrations receive a free race logo t-shirt. Registrations must be received by April 17 to guarantee requested size.

- Small  Medium  Large  X-Large

Mail registrations to: MOTHER'S DAY ROAD RACE, PENQUIS, P.O. BOX 1162, BANGOR, ME 04402-1162

Questions? Contact Maria Staples at (207) 973-3586; 1-800-215-4942; or mstaples@penquis.org

**PENQUIS**