

Weekend

Mother's Day 5K Road Race



PENQUIS



RACE INFORMATION

Date: Saturday, May 7, 2011 **rain or shine**
 Time: Kids' 250m 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 & Main Streets
 Finish: Maine Eastern Railroad, Pleasant Street

Registration Fee (due May 3rd):

\$15.00 Single \$25.00 Adult(s) Plus

**** For registrations after May 3rd, add \$5.00 ****

1st Place Awards in the Following Categories:

- Single Male
- Single Female
- Adult(s) with stroller
- Adult(s) with minor child(ren)

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. I understand photos will be taken of participants in the annual Mother's Day Road Race. Penquis has my permission to use my photograph for publications, web pages and promotional materials produced, used by and representing Penquis. I understand that there will be no compensation to me for this use.

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ E-MAIL _____

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

CATEGORY: Only one category per registration.

_____ Single Male Age as of May 7, 2011 _____

_____ Single Female Age as of May 7, 2011 _____

_____ Adult (s) with stroller

_____ Adult (s) with minor children

Name, Gender and Ages of Family Participants:

Names/Ages of Children Participating in Mad Dash

PAYMENT

- Single Entry, by May 3rd - \$15
- Single Entry, after May 3rd - \$20
- Adult(s) with minor child(ren), by May 3rd - \$25
- Adult(s) with minor child(ren), after May 3rd - \$30
- Kids' Mad Dash—FREE

Amount Enclosed: \$ _____

- Check (please make check payable to Penquis)
- Credit Card ___ Visa ___ Mastercard ___ Discover

Name on Card: _____

Credit Card No: _____ Exp. Date: _____

First 100 registrations receive a free race logo t-shirt. Registrations must be received by April 15th 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