

Mother's Day 5K Road Race

RACE INFORMATION

Date: Saturday, May 8, 2010
 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 4th): \$15.00 single \$25.00 family

**** For registrations after May 4th, add \$5.00 ****

1st Place Prizes Awarded in the Following Categories:

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

* Overall and age category winners.

"Oldest mother" entrant honored.



PENQUIS



A qualifying race for the
Rock Coast Runnerspoint Series

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 _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ EMAIL _____

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

CATEGORY: Only one category per registration.

Single

_____ Age as of May 8, 2010. _____ Male _____ Female

Family

_____ Adult(s) with stroller
 _____ Adult(s) with minor children

Name, Gender and Ages of Family Participants:

Names/Ages of Children Participating in Mad Dash _____ _____ _____
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PAYMENT

- Single Entry, Advanced Registration (by May 4h) - \$15
- Single Entry, Registration after May 4th - \$20
- Family Entry, Advanced Registration (by May 4th) - \$25
- Family Entry, Registration after May 4th - \$30
- Kids' Mad Dash—FREE

Amount Enclosed: \$ _____

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

Name on Card: _____

Expiration Date: _____

Credit Card Number: _____

First 100 registrations receive a free race logo t-shirt. Registrations must be received by April 16 to guarantee requested size.

- | |
|--|
| <input type="checkbox"/> Small <input type="checkbox"/> Medium <input type="checkbox"/> Large <input type="checkbox"/> 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

Mother's Day 5K Road Race



PENQUIS

Saturday, May 8 • Rockland

Registration 7:00—8:15 a.m.

Free 250m Kids' Mad Dash • 8:30 a.m.

5K Family Fun Run immediately following

Early registration (by May 4): \$15 single; \$25 family

Register at www.penquis.org • FMI call 1-800-585-1605



A Better Way to Bank



**A QUALIFYING RACE FOR THE
ROCK COAST RUNNERSPOINT SERIES**

WALKERS WELCOME