



# Race to End Domestic Abuse

Saturday, October 6<sup>th</sup>, 2007

12K - 5K - Family Walk

Scenic Race - TradeWinds Market Place/Sub 5 Track Club Road Race Series

11th Annual Womancare River Run and Family Walk

Piscataquis Community Middle School, Blaine Ave., Guilford

### Event Information

8:00 AM - 12K, 5K, Walk registration in the lobby

9:00 AM - Races and Walk Begin

8-11:00 AM - Pancake Breakfast in the cafeteria \$5/person or \$12/family

10:30 AM - Awards Ceremony

### Race Information

Entry Fee for 12K and 5K: \$15 pre-registration or on race day

12K Age Group Awards: 29 and under, 30-39, 40-49, 50-59, 60-69, 70+ (medals)

5K Age Group Awards: 10 and under, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60+ (medals)

T-Shirts to first 75 entrants

### 2007 Sponsors

A.E. Robinson Oil Co., Inc.  
Maine Highlands Federal Credit Union  
Puritan Hardwood Products  
Mayo Surgical Associates  
Maine Savings Federal Credit Union  
Pleasant River Lumber  
Mayo Regional Hospital  
Bangor Savings Bank  
H&R Block

The 2007 Womancare River Runs and Family Walk will include for the 4<sup>th</sup> year the challenging 12K race, which is part of the Sub 5 Track Club Road Race Series. This route is fast, flat, and will follow the scenic trail along the Piscataquis River during peak foliage season and pass by historic sites, such as the Piscataquis River Covered Bridge. It is wheel-measured and certified by the Sub 5 Track Club. We'll offer electronic results, water stops, mile markers, and showers will be available at the high school.

The 5K route will be the same as previous years and will begin shortly after the 12K race starts.

Bring your family! Enjoy a homemade pancake breakfast and our spirited awards ceremony after the race. Get pledges and special recognition for the most money raised. Call 564-8165 for more information.

Send registration to: Womancare, POB 192, Dover-Foxcroft, ME 04426  
- checks payable to Womancare -

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**Entry Release:** In consideration of accepting this entry, I, intending to be legally bound, hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims and damages I may have against the race organizers, directors, any sponsors, their representatives, successors, Sub 5 Track Club, town of Guilford, Pride Manufacturing, and assigns for any and all injuries suffered by me at said race or event, even if caused by negligence on the part of the race organizers.

Runner's Signature \_\_\_\_\_ Parent's Signature (if under 18) \_\_\_\_\_

Name (please print): \_\_\_\_\_ Sex: \_\_\_\_\_ Age: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Entering (circle one)    12 K    5K    Circle T-shirt size S M L XL    Bib#: \_\_\_\_\_