

2ND ANNUAL HERMON ALUMNI 5K ROAD RACE

3.1 MILES FROM HERMON HIGH SCHOOL TO DYSART'S

SPONSORED BY DYSART'S

**Come run or walk Saturday, July 14, 2007 to benefit the
Hermon High School Cross Country Team.**

**The run/walk starts at 10 a.m. at Hermon High School and
finishes at dysart's. Race-day registration begins at 8:30 a.m.**

The cost to run or walk is \$15 per competitor.

**Pre-registration is encouraged. Pre-register by completing the
entry form below and mailing it with a check to:**

*Riley Donovan
Cross Country Coach
Hermon High School
2415 Route 2
Hermon, ME 04401*

Please make checks payable to Hermon High School.

Free t-shirts will be given to the first 50 race registrants.

**All Race finishers will receive a \$5 gift certificate to Dysart's. Ribbons
will be awarded to the top three finishers in the following age groups: 10
& under, 11-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60 & over. For more
race information contact Riley at 615-1151 or at donovanr@hermon.net.**

Last Name: _____ First Name: _____

Mailing Address: _____

City/Town: _____ State: _____ ZIP: _____

Runner: _____ Walker: _____ Male: _____ Female: _____ T-Shirt Size: _____ Age: _____

I assume all risks that go along with running this road race. I also assure that I am physically able to participate in this event. I agree to waive the Town of Hermon, the Hermon Recreation Department, the Hermon School Department, race officials, and all sponsors associated with the race from liability for injuries to me or my property.

Signature of runner or walker: _____

Signature of parent (if runner or walker is under 18): _____