



Old Halloween Day

5K Road Race

Sanctioned by Maine USA Track and Field



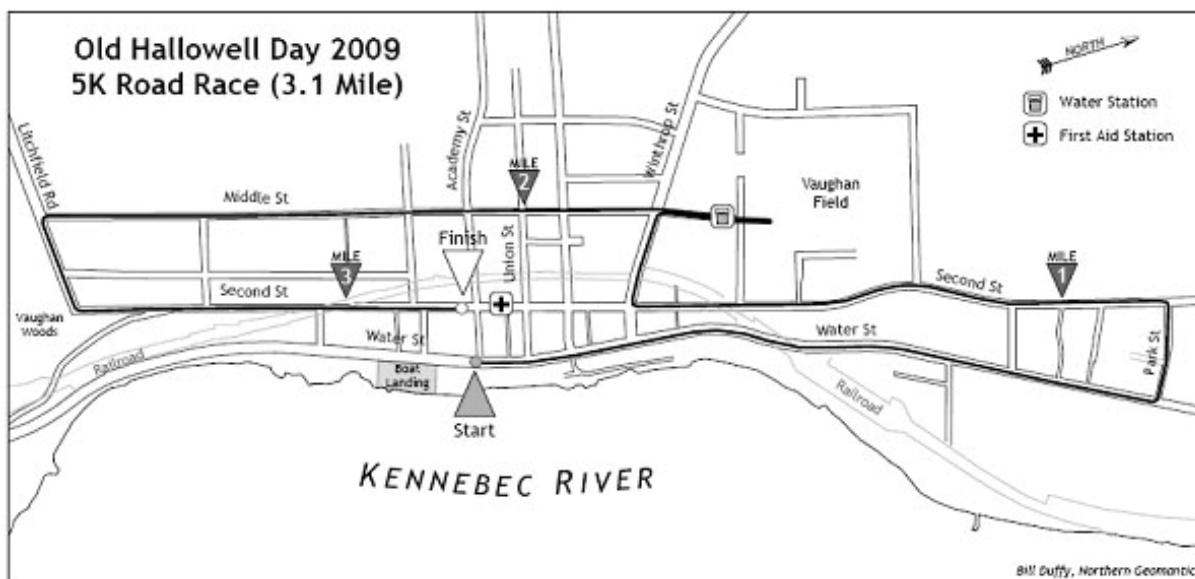
In partnership with:



Kennebec Land Trust

7:30 AM Saturday - July 18, 2009

Course & Time: 7:30 AM race starts and finishes near the Kennebec River boat landing on Water Street in Hallowell, Maine. Five kilometer course weaves through Hallowell's scenic historic business district and residential streets. Registration and awards held at the boat landing.



Registration: 6:00-7:00 AM at the Hallowell boat landing, corner of Water and Temple Streets.
(Number pick-up) See registration form on reverse side or on the events page at: <http://www.meusatf.org>

Pre-registration: Pre-registration by mail highly recommended.

T-shirt Guarantee: Race t-shirts for all registrations received by July 1st.

Awards: Post race refreshments and awards at the Hallowell boat landing.
All race festivities to be completed prior to the Old Halloween Day parade.
Overall winners and age categories winners receive a pottery mug from Hallowell Clayworks.
1st M/F Overall
1st M/F in the following age categories:
13 & Under, 14-16, 17-19, 20-24, 25-29, 30-34, 35-39,
40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

Sponsors:



Questions: Email: OHD5K@yahoo.com or call Marty Thornton at 207-512-2587

OHD Road Race
PO Box 84
Hallowell, ME 04347

Please join us for the 2009 Old Hallowell Day 5K Road Race!



In partnership with:



Kennebec Land Trust

Race Starts 7:30 AM Saturday - July 18, 2009

Registration / Packet Pickup 6:00 AM to 7:00 AM at the Boat Landing in Hallowell, Maine.

Cost: \$15 Registration to Benefit Old Hallowell Day - (Pre-register by July 1st to receive a t-shirt)

<<<<<<Please complete and return registration form below>>>>>>

Name _____ Gender (M/F) _____

Address _____ Birth Date _____

Age (on race day) _____

Phone _____ E-mail _____

Preferred T-Shirt Size XS___ S___ M___ L___ XL___

I understand that road racing is a potentially hazardous activity and hereby waive and release all officials and directors of this race, and all volunteers, sponsors and city officials from any and all claims of liability arising from my voluntary participation in this event.

Signature

Signature of parent or guardian
if under 18 years of age

Date

Make check/money order payable to : **Old Hallowell Day** Mail to: **OHD Road Race, PO Box 84, Hallowell, ME 04347**