

"She is like a Rainbow"
LINDSEY MARIE "MA'NAK^WANE" ALMENAS
4TH ANNUAL MA'NAK^WANE MEMORIAL
5K RUN/WALK 2009

WHERE: Penobscot Nation, Community Building, Indian Island ME

WHEN: **Saturday**, April 4, 2009 TIME: 10:00 AM (registration: 8:00 -9:45)

ENTRY FEE: \$12.00 pre-registration until March 27, 2009; \$15.00 day of race
\$8.00 pre-registration for children up to 10 years; \$10.00 day of race
T-Shirt is included for pre registrants **only**
T-Shirts available for sale - \$10.00

Make checks payable to: Lindsey Almenas Scholarship Fund
Send to: Penobscot Nation
c/o Dee Love
12 Wabanaki Way
Indian Island ME 04468

Proceeds to benefit: Lindsey Almenas Scholarship Fund

CATEGORIES: 1st Male & Female runner will receive a walking stick. 1st Male & Female walker will receive a talking stick. Both sticks are beautifully hand carved by a Penobscot artist, the walking stick is traditionally larger & designed with greater detail than the talking stick.

DOOR PRIZES: Door prizes will be drawn after the race

CONTACT INFO: Neeburbunn Lewis: NrLghts14@yahoo.com or 944-9235

A special thanks to our primary sponsor, Poland Spring Bottling Co



❌ ❌ ❌ ❌ REGISTRATION FORM - CLIP AND MAIL ❌ ❌ ❌ ❌

NAME _____ TEL _____ Email _____

ADDRESS _____ AGE _____ SEX _____

RUNNER ___ OR WALKER ___ T-SHIRT SIZE _____

___ T-SHIRT ONLY, don't register me for the race ___ Will pick-up T-shirt at race ___ Please mail (add \$2 for shipping)

In consideration of this entry being accepted, I, for heirs, my assigns, and myself hereby waive and release any rights and claims I may have against sponsors and officials of the "Ma'naKwane" 2009 5K Road Run/Walk. I also attest that I am physically fit and trained for this event.

Signature of Runner (or guardian if under 18) _____

Form maybe photocopied for additional entrances