

DANFORTH'S TO DYSART'S 4TH ANNUAL 5K ROAD RACE & BLUEBERRY PIE CHALLENGE

3.1 miles from Danforth's Down Home Supermarket to Dysart's

Sponsored by Danforth's and Dysart's

Date: August 15, 2009

Start Time: 9 a.m. Run / 8:30 a.m. Walk

Course: Start at Hermon High School and finish at Dysart's

Cost: \$15 to benefit Hermon High Cross Country

T-Shirts: T-Shirts will be given to first 75 race registrants

Dysart's \$100 Blueberry Pie Challenge: What is the challenge? Run 2 miles, wolf down a Blueberry Pie, and finish the race. The winner gets a \$100 gift certificate to Dysart's.

Race-day registration: Begins at 7 a.m. in front of Hermon high school.

Pre-registration: Pre-register by completing the entry form below and mailing it with entry fee to:

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

Pre-Registration is encouraged. Please make checks payable to Hermon High School.

T-shirts will be given to the first 75 race registrants. All race finishers will receive a \$5 gift certificate to Dysart's. Ribbons will be awarded to the top three male and female finishers in the following age groups: 10 & under, 11-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, and 70 & over. Awards will be given to the overall male and female winners, and additional awards will be given to those competing in the Dysart's Blueberry Pie Challenge. For more race information contact Riley Donovan at 615-1151 or donovanr@hermon.net.

Last Name: _____ First Name: _____

Mailing Address: _____ Phone: _____ E-mail: _____

City/Town: _____ State: _____ ZIP: _____

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

For an extra \$10, would you like to participate in the Blueberry Pie Challenge?: Yes _____ NO _____

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 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): _____