



5K at the DRA



Off Road Race and Fitness Walk

To Benefit the Lincoln Academy Swim Team



Saturday, August 29, 2009

At Damariscotta River Association

Great Salt Bay Farm

Damariscotta, Maine

Turn west off Route One, at blinking yellow light, onto Belvedere Road, 0.3 mi. to DRA Farm

The 5K Course

The course is completely off road on a maintained path through the DRA's fields. This is a measured 5K. Runners will enjoy open fields overlooking the bay and be challenged by the steep sledding hill. Walkers complete one loop for a 2.5K fitness and nature walk. Friends and family will be able to view much of the race from the DRA's lawn. All participants are entered to win raffle prizes to be awarded after the walkers finish.

Everyone is welcome to stay and explore the other trails, observe the freshwater wetland, salt marsh and rest on the benches by the water. Fantastic way to start the day.

Race Schedule

7:00 to 8:20 Registration

8:30 5K Race Start Time

9:00 Walkers Start Time

RAFFLE PRIZES, REFRESHMENTS, GREAT END OF SUMMER RACE

(cut here) Questions? Email- swimteam5k@gmail.com (cut here)

2009 5K at the DRA WAIVER AND ENTRY FORM

In consideration of my acceptance of this entry form; I hereby, for myself, my heirs, my executors and administrators, waive and release any and all claims for damages or injury I may incur in connection with these events against the DRA, Lincoln Academy, race officials and race organizers and indemnify the same against all claims, costs, attorney fees related to my participation. I further attest and verify that I am physically fit and sufficiently trained to compete in this event. (If under 18 this application must be signed by a parent or legal guardian).

_____ 5K Road Race (\$10) _____ 2.5K Fitness Walk (\$10)

Discount for School Teams entering 6 or more runners (\$5 each)

Maximum Family Fee \$40

Name: _____

Signature _____
(Parent/Guardian if under 18)

Address: _____

Age _____ Male _____ Female _____

City/State/Zip: _____

Racer's Number _____
(assigned day of race)

Checks payable to Lincoln Academy, Swim Team