



# 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

### Race Schedule

7:00 to 8:20 Registration  
8:30 5K Race Start Time  
9:00 Walkers Start Time

**\$10 REGISTRATION FEE FOR RUNNERS AND WALKERS**  
Team and family rates available

### The 5K Course

The course is completely off road on a maintained path through the fields of DRA's Belvedere Road, Great Salt Bay Farm. (Turn west at blinking yellow light on Route One Highway, 0.3 miles)

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.

**RAFFLE PRIZES, REFRESHMENTS, GREAT END OF SUMMER RACE**

Questions? Email- [swimteam5k@gmail.com](mailto:swimteam5k@gmail.com)