

Winthrop Ramblers' 5K & Kids 1 Mile Run, Jog & Walk



SATURDAY, AUGUST 22, 2009 8:00 A.M.

<p style="text-align: center;">Registration</p> <p>Pre- Register by completing the application and mailing \$15 to: Winthrop X-Country Team, Winthrop High School, 211 Rambler Way, Winthrop, Maine 04364. You may also register the day of the race @ 7:00 a.m. on site. Fee on race day is \$17. The first 60 to register will receive a free T-shirt with the Rambler Bus logo.</p> <p style="text-align: center;">The Course</p> <p>The Rambler Way 5K is open to runners, joggers and walkers. The starting and ending point will be at the New Winthrop High School in Winthrop. The course will run around the school grounds and part of the X-Country trail.</p> <p>A 1 mile fun run will be held for all interested. All participants will receive a ribbon for participating.</p>	<p style="text-align: center;">Other Info / Questions</p> <p>Contact Jay Lindsey, Race Director by phone 377-6174 or email jlindsey@fairpoint.net for more info. There is plenty of parking and there will be bathroom facilities/changing facilities available at the High School for participants.</p> <p style="text-align: center;">Awards</p> <p>Men & Women for the following categories: 19 and under, 20 -29, 30 -39, 40 -49, 50 -59, 60 +. Results will be published in the Kennebec Journal. Gift Certificates from area merchants will also be awarded. Ribbons awarded to all participants in the 1 mile Fun Run.</p> <p>The proceeds from this race will be used to support the Boys and Girls Cross country Team at Winthrop High School</p>
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*******ENTRY FORM AND WAIVER*******

I realize that participating in a road race may be a potentially hazardous activity. I assume all risks inherent with participating in this event. I have read this waiver and release the sponsors and representatives from all claims or liabilities arising from my participation in this event.

NAME (PRINT) _____ AGE _____ SEX _____ PHONE # _____
 ADDRESS _____ T-SHIRT SIZE: XL L M S XS
 SIGNATURE (Parent or guardian if under 18) _____

Proudly Sponsored By: COLDWELL BANKER: Thomas Agency, Kennebec Savings Bank, Winthrop Fuel, Dave's Appliance, and FullCourt Deli