

# 2<sup>nd</sup> Annual Summer Heat 5K Trail Run And 1 Mile Family Fun Run

Saturday, July 11, 2009

Course and Time: 8:00 a.m. race start for the 1 mile family fun run. The 5 K race will follow at 8:30 a.m. Both races will start behind Winslow High School, 20 Danielson St, Winslow. The races will be run on grass and trails through the woods. Walkers welcome!

Cost: \$10 pre-registration or \$15 on race day to benefit:

## Winslow High School Cross Country Team

Family Rate: \$25 pre-registration (1 t-shirt) or \$35 on race day.

Race-day registration: Pre-registration by mail appreciated. Please make checks payable to "**Winslow High School Cross Country**". Mail completed entry form and check to:

Chris Bertolaccini  
Cross Country Coach  
4 Smiley Ave.  
Winslow, ME 04901

T-shirt Guarantee: Race t-shirts will be given to all runners pre-registered by June 20<sup>th</sup>.

Awards: Post race refreshments will be available at the Winslow High School track. 5K awards will be presented to the top three male and female finishers and top age group winners.

Questions: Email [cbertolaccini@winslowk12.org](mailto:cbertolaccini@winslowk12.org) or call Chris at (207) 872-7291

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## 2<sup>nd</sup> Annual Summer Heat 5K Trail Run And 1 Mile Family Fun Walk/Run

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City/Town: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Gender (M/F) \_\_\_\_\_ Age: \_\_\_\_\_ Preferred T-Shirt Size: S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_

Race: Summer Heat 5K Trail Run \_\_\_\_\_ 1 Mile Family Fun Walk/Run \_\_\_\_\_

I understand that running this trail run is a potentially hazardous activity. I am medically able and properly trained to participate in this event. I agree to waive and release all officials and directors of this race, the Town of Winslow, Winslow High School and all volunteers, sponsors and city officials from any and all claims of liability arising from my voluntary participation in this event.

Signature of runner or walker: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of parent (if runner or walker is under 18 years of age): \_\_\_\_\_