



**CENTRAL MAINE STRIDERS, INC.**  
Proudly Announces the 27<sup>th</sup> Annual

**"UNITY COLLEGE SPRING 5-K"**

Saturday, April 18, 2009  
9:30 A.M.  
Unity College—Unity, Maine

The rural setting of the Unity College campus is relaxed and comfortable, and the long downhill start guarantees a super time as you do this out-and-back run through "downtown" Unity. This is one of the fastest, flattest, 3.1-mile races in the state! Edie Dubord holds the course record for women (16.25), Peter Lessard's (14.29) still sets the standard for men. The award ceremony is always a great time. Our race averages approximately 80 runners per year.

**ENTRY FEE:** \$10.00, no pre-registration. Register race morning starting at 8:00 A.M.

**RACE DIRECTOR:** Gary Zane (948-3131, ext. 241; [gzane@unity.edu](mailto:gzane@unity.edu))

**FEATURES:** Showers and changing rooms available—low-key, no-frills event. One of Maine's fastest 5-Ks. Join us after the race for breakfast in town!

**COURSE:** Fast!! Starts and ends at Unity College. Turn-around course.

**AWARDS:** Age group awards as set by race director. Door prizes!  
Race-walkers start at 9:15 A.M.

**"The Fastest 5K in Town"**

**Unity Spring 5-K Waiver and Entry Form**

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this wavier and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Central Maine Striders Club, City or Town officials and all sponsors, their representatives and successors from all claims or liability of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

**Name:** \_\_\_\_\_ **Race #** \_\_\_\_\_ **Age** \_\_\_\_\_ **Sex** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**TEAM or CLUB:** \_\_\_\_\_

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Parent or Guardian if under 18