

Saturday, June 5, 2010  
Pembroke, Maine  
25 miles east of Machias on Route 1



**Sign up: 8:30 A.M**  
**Kids' run: 9:15 AM**  
**5K & 10K: 10:00**

## 19th Annual Cobscook Bay 10K to benefit Down East Hospice

*America's Easternmost 10K—in the TradeWinds MarketPlace/Sub-5 Track Club Series*

**RUN OR WALK!** Come race on the pristine shores of Cobscook Bay, America's easternmost saltwater bay, home to eagles, osprey, and seals.

**SUPPORT DOWN EAST HOSPICE**—the only volunteer program of cost-free care for the terminally ill, the grieving, and their families throughout Washington County, Maine. Our nationally certified course, one of the most scenic in New England, starts on Route 1 in Pembroke, Maine (at the Triangle), and finishes at Pembroke's majestic Reversing Falls Park on the western shore of Cobscook Bay, halfway between the Equator and the North Pole.

- Commemorative T-shirt for the first 30 pre-entries
- Pre-entries no later than June 2, 2010 (you may also sign up at the race).
- Awards ceremony and cook-out/picnic at Reversing Falls Park.
- Awards and prizes for overall winners.
- Quilt raffle tickets, Down East Hospice Cookbooks and T-shirts for sale

*Ensuring that there is enough food at the picnic for all participants is always a challenge. Please try to bring a side dish that can be shared – salad, sliced watermelon, dessert, etc. Volunteers will be available at the sign-up location to take your food donations to the finish*

10K Course Records:      Men's Record      **Judson Cake**      33:04 (2008)  
   Women's Record      **Gladys Ganiel**      40:56 (1992)

Entry fee: \$6.00 for 16 & under; \$12.00 adults; \$30.00 maximum for families

Name: \_\_\_\_\_ Address: \_\_\_\_\_

Age on race day: \_\_\_\_\_ Circle shirt size: Adult: SMALL      MED . LG.      X-LG

Check for:  10Km Run  10Km Walk  5Km Run  5Km Walk  Kid's 1-mile Fun Run (10 & under)

**MAKE CHECKS PAYABLE TO: DOWN EAST HOSPICE** (Additional info from: jaretakis@hotmail.com)

**MAIL TO: COBSCOOK BAY 10K c/o Jonathan Aretakis, P. O. Box 157, Pembroke, ME 04666 (207-726-5858)**

Entry Release: In consideration of accepting this entry, I, intending to be legally bound, hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims and damages I may have against the race organizers, directors, any sponsors, their representatives, successors, town of Pembroke, and assigns for any and all injuries suffered by me at said race or event, even if caused by negligence on the part of the race organizers.

Runner's Signature \_\_\_\_\_ Parent's Signature (if under 18) \_\_\_\_\_