

3rd Annual Summer Heat 5K Trail Run And 1 Mile Family Fun Run

Saturday, July 10, 2010

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 of 5K: \$15 pre-registration or \$20 on race day to benefit:

Winslow High School Cross Country Team

Family Rate: \$30 pre-registration (1 t-shirt) or \$40 on race day.

Cost of 1 Mile Fun Run: \$5 pre-registration or 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 5K runners pre-registered by June 16th.

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

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

3rd 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):

Please make checks payable to: "Winslow High School Cross Country"