

# 35<sup>th</sup> Tour du Lac

10 Miler

Bucksport, ME Saturday- June 26, 2010

SPONSORED BY

**ROSEN'S – QUALITY CLOTHING AND FOOTWEAR**  
MAIN STREET, BUCKSPORT

Proceeds will benefit  
Anne Norton Scholarship Fund  
@ Bucksport High School  
And SUB5 Scholarship

Potluck lunch after race awards at the Clappers  
Just before mile one. Bring food to share

Awards Top 2 Finishers Male/Female  
Awards Three Deep For Following (Homemade Jam)

18 & Under  
19 –29 M/F  
30 –39 M/F  
40 – 49M/F  
50 – 59M/F  
60 – 69 M/F  
70 – 79 M/F  
80 – 89 M/F

**\*\*Walkers start at 6:45\*\***

Race starts at 7:30 at  
Town Swimming Pool

2009 Winners

Male Erik McCarthy 55:12  
Female Kristine Guaraldo 69:03

## Part of the Trade Wind's Market/SUB5 Road Race Series

**Race Day Registration** opens 6:30am at Bucksport Community Swimming Pool on the corner of Bridge St. and Broadway.

**Directions From Bangor:** south on Rte 15 thru town-take a left at the traffic light onto Bridge St.- follow to the end of Bridge St.- registration on the right at the corner of Bridge & Broadway

**From Ellsworth:**-Rte 1 south to the traffic light in Bucksport-take first right immediately beyond light-follow to the end of Bridge St.-registration on the right at the corner of Bridge St & Broadway.

**From Belfast-** Rte. 1 north to traffic light in Bucksport-turn left and take first right immediately beyond light-follow to the end of Bridge St.-registration on the right at the corner of Bridge St. & Broadway.

**Course-**Starts at Town swimming pool-right onto Central St. to Millvale Road-left onto Charlie Cole Rd.-left onto Silver Lake Rd-onto School St.-left onto Central St. – right onto Broadway. You'll finish where you started at the Town swimming pool.

Contact: Chris or Margaret Jones 469-9901  
Make Checks Payable to SUB5 Track Club  
Mail Entry Form and Fee to:  
Chris Jones P.O. Box 1331  
Bucksport, Maine 04416

Entry Fee \$13.00 Includes T-Shirts  
To First 70 Register

T- Shirt Size S M L XL

**Race Agreement:** By signing below, you understand and agree to the following: 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 the decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event including but not limited to falls or injuries caused by, weather conditions, traffic, and road conditions, in the consideration of my entry acceptance. I, for myself and anyone entitled to act on my behalf waive and release all race sponsors, Tour du Lac, The Town of Bucksport, and all representatives and successors from all claims or liabilities arising out of my participation in this event.

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Print Name M/F Age as of Race Day Date

Address\_\_\_\_\_

Signature (parent or guardian if under 18)\_\_\_\_\_