

**30th Annual
Walter Hunt Memorial
Fourth of July 3000 Meters
“Maine’s Fastest Road Race”**



Thank you to our sponsors!



PENOBSCOT COUNTY BAR ASSOCIATION



Where: Brewer Auditorium, Wilson St. Brewer, ME
When: Sunday, July 4, 2010. Race begins @10:45am

15 minutes before start of parade. Hundreds of spectators!!!

Entry Fee: \$10.00 Includes T-Shirt to first 250 registrants. \$30.00 for a family of four or more (each person must fill out form). *Sub5 Track Club Members race for free.*
To join Sub5, go to www.sub5.com

Proceeds to benefit Sub5 Track Club & Fourth of July Fireworks display
Pre-Registration is strongly encouraged!!!

Awards: Overall male and female & 1-2 for male and female in the following categories:
10 and under; 11-14; 15-18; 19-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-69; 70+.

Award for first male and female team. (Fill out team name on form below)

New for 2010: If the male winner is under 8:00 and/or the female winner is under 9:20, FinishLynx will make a \$1,000 donation to a charity of the winner’s choice. A time bonus of \$100 per second will be given by Sub5 to the charity for every additional second the male runner is under 8:00 and/or for every additional second the female winner is under 9:20.

Sub5 will also be providing a prize to both the male and female overall winners.

Race Day Registration: 8:30am to 10:15am inside Brewer Auditorium.

Parking: In the Brewer Auditorium parking lot or Brewer Shopping Center

Course Description: In a word....**FAST!!!** The race starts on Wilson Street in Brewer continuing across the Joshua Chamberlain Bridge to Bangor. The first mile has been run in 4:07 and many others run under 5:00 minutes the first time. Please no baby joggers, headsets or pets. *This is the 8th race in the Sub5/Tradewinds MarketPlace Road Race Series.*

Course records: Men’s Division 8:10 Tim Wakeland (1987) & Gerry Clapper (1988) | Women’s Division 9:28, Wendy Delan (1988)

Past Champions: 2009 Riley Masters-8:16 — Brenna Walsh 10:18 | 2008 Ruben Sanca 8:25 - Hilary Maxim 10:27 | 2007 Steven DeWitt 8:27 – Hilary Maxim 10:54 | 2006 Judson Cake 8:29 – Cassie Hintz 9:55| 2005 Michael Bunker 8:35 – Cassie Hintz 9:42 | 2004 Michael Bunker 8:43 – Cassie Hintz 9:43 | 2003 Evan Graves 8:38 – Heather Jovanelli 9:59 | 2002 Joe Luchini 8:51 – Jenna Richardson 10:27 | 2001 Louie Luchini 8:29 – Lara Rand 10:23 | 2000 Joe Luchini 8:39 – Jo-Ann Nealey 10:06 | 1999 Louie Luchini 8:44 – Jo-Ann Nealey 10:13 |1998 Andy Spaulding 8:30 – Katrina Bisheimer 10:52 | 1997 Jim Garster 8:40 – Katrina Bisheimer 10:43 | 1996 Sheldon Young 8:38 – Jo-Ann Nealey 10:00 | 1995 Brent Leighton 8:40 – Michelle Severance 10:15 | 1994 Jeff Young 8:31 – Gladys Ganiel 10:09 | 1993 Andy Beardsley 9:05 – Jo-Ann Nealey 10:17 | 1992 Tim Wakeland 8:17 – Jo-Ann Nealey 10:08 | 1991 Peter Millard 8:35 – Melissa Lockman 10:21 | 1990 Bob Everett 8:30 – Sarah Gehrt 10:45 | 1989 Tim Wakeland – Michelle Severance | 1988 Gerry Clapper 8:10 - Wendy Delan 9:28 | 1987 Tim Wakeland 8:10 – Lisa Goldsmith | 1986* Tim Wakeland 8:06– Jo Comeau | 1985 cancelled |1984 Tim Wakeland – Ann England 9:59 | 1983 Peter Millard – Cindy Lynch | 1982 Peter Millard – Andrea Hatch | 1981 Steve Kozlovich – Carol Roy | 1980 (5K) Gerry Clapper 15:39 – Robin Emery 18:25

*different course was used this year.

Race & Volunteer Information:

Margaret Capehart 947-7399 maggiemae100@hotmail.com OR Samantha Matoush samantha_matoush@yahoo.com

**30th Annual Walter Hunt Memorial Fourth of July 3000 Meters Send Entry Form To:
Margaret Capehart 1134 Essex St. Bangor, ME 04401 Make checks payable to ‘Sub 5 Track Club’**

Participant Waiver for Race Registration: I know that running a road race is potentially hazardous activity which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. 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. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and headsets are not allowed in the race and I will abide by this guideline. Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Walter Hunt Memorial 3k, Sub5, the cities of Brewer and Bangor and all sponsors, their representatives and successors from all claims or liabilities 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: (please print): _____ Sex: **M** **F** Age: _____

Address: _____

Phone: _____ Email: _____

Circle T-Shirt Size: **S** **M** **L** **XL** Team Name: _____

(only to first 250 entrants)

Participant's Signature (or parent or guardian if under 18) _____ Date: _____