



10th Annual



DOC AND MARDIE BROWN 5K

5K ROAD RACE & 1 Mile Fun Run

Saturday, August 8, 2015

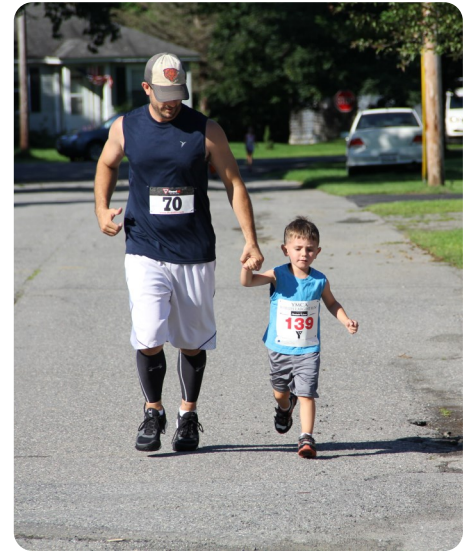
Proceeds to benefit the Alfond Youth Center

Schedule of Events

7:00am – 8:45am; Race Day Registration in Alfond Youth Center Lobby
 8:15am; 1 Mile Fun Run Start
 8:30am; Adventure Playland Open for Fun Runners and Children of 5k Runners
 9:00am; 5K Race Start
 Awards Ceremony directly follows 5K race.
Free admission to Alfond Municipal Outdoor Pool after race with race bib

Prizes & Awards

- Technical t-shirts to first 100 runners to pre-register
- Gift for all Fun Run Finishers
- \$100 Gift Card to New Balance Factory Store to 1st overall Male & Female
- Age Groups Awards: 14&Under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+
- Doc & Mardie Award for oldest Male & Female finishers!
- All 5k runners entered to win RAFFLE PRIZES.
- OVER \$1,000 in awards and raffle prizes will be given!



Visit our website www.docmardie5k.weebly.com for more race information, including: course maps, race results, registration information, and event photos

Registration Information

Race Category	Early Bird (Until 5/31/15)	Pre-Registration (Mail By 7/31/15)	Race Day
5k Adult	\$15.00	\$20.00	\$25.00
5k Senior	\$12.00	\$15.00	\$20.00
5k Central Maine Strider	\$12.00	\$15.00	\$20.00
Mile Fun Run (12 & Under)	\$3.00	\$4.00	\$5.00

Please make checks payable to:
Alfond Youth Center - 5K Road Race

Mail to:
Alfond Youth Center
Attention: Patrick Guerette
126 North Street,
Waterville, Maine 04901

Tech T-Shirts for first 100 5K runners to pre-register.
Online registration available at: www.docmardie5k.weebly.com

Chip Timing services provided by Back 40 Events (back40timing.com)

Thank you to our sponsors and partners!



Michael Levey & Michael Brown

For more information please contact Patrick Guerette at (207)873-0684 or email pguerette@alfondyouthcenter.org.



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ENTRY FORM & WAIVER

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Name: _____ Age: _____ DOB: _____ Gender: M / F

Race: _____ 5K Race or Mile Fun Run _____ T-Shirt Size: S, M, L, XL, XXL, no shirt

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____ E-Mail: _____

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 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 waiver and know 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 Alfond Youth Center, Central Maine Striders Club, City or Town officials, race directors and all sponsors, their representatives and successors for all claims or liabilities of any kind arising out of my participation in this event.

Signature of Runner: _____

Signature of Parent/Guardian (if under the age of 18): _____