



THE 7TH ANNUAL RALPH K. THOMAS 8K RUN, 2.5 MI. WALK



- WHERE: Penobscot Nation, Community Building, Indian Island ME
- WHEN: Sunday, Nov. 1, 2015, 10am race/walk, Pre-registration: 8:45 -9:45am
- WHY: Proceeds benefit Diabetes Prevention and Awareness with a portion going to the American Diabetes Association
- ENTRY FEES:
- * \$15.00 pre-registration until 10/15/15; \$20.00 day of race
 - * Teams of 4 or more: \$12.00 per person (pre-registered only)
 - * \$10.00 pre-registration for kids up to 10 years (for race); \$12.00 day of race
- Hats available to the first 75 registrants!***
- CATEGORIES: 1st male & female runner will receive a traditional handmade Penobscot basket!
Prizes to be awarded to 1st and 2nd place winners in each division.
- DOOR PRIZES: Door prizes will be drawn after the race!
- CONTACT INFO: Bob Bryant: Robert.Bryant@penobscotnation.org or 817-7358
Dee Love: Dee.Love@penobscotnation.org or 817-7301

✂ ✂ ✂ ✂ REGISTRATION FORM - CLIP AND MAIL ✂ ✂ ✂ ✂

NAME _____ TEL _____ EMAIL _____

ADDRESS _____ AGE _____ SEX _____

RUNNER ____ WALKER ____ KIDS ____ TEAM NAME: _____

In consideration of this entry being accepted, I, for heirs, my assigns, and myself hereby waive and release any rights and claims I may have against sponsors and officials of the Ralph K Thomas 8K Road Run/Walk. I also attest that I am physically fit and trained for this event.

Signature of Runner (or guardian if under 18) _____

Make checks payable to: Penobscot Nation

Mail to: Dee Love, Attn: RKT Race, 12 Wabanaki Way, Indian Island, ME 04468