

Saturday, June 4, 2016  
Pembroke, Maine  
25 miles east of Machias on Route 1



**Sign up:** 8:30 A.M  
**Kids' run:** 9:15 AM  
**5K & 10K:** 10:00

## 25th Anniversary Cobscook Bay 10K to benefit Down East Hospice Volunteers

*America's Easternmost 10K—in the TradeWinds MarketPlace/Sub-5 Track Club Series*

**RUN OR WALK!** Come race on the pristine shores of Cobscook Bay, America's easternmost saltwater bay, home to eagles, osprey, and seals. Compete or join us for fun and to support Hospice.

**SUPPORT DOWN EAST HOSPICE VOLUNTEERS**—the only volunteer hospice program of cost-free comfort care for the terminally ill, the grieving, and their families throughout Washington County, Maine. Our nationally certified course, one of the most scenic in New England, starts on Route 1 in Pembroke, Maine (at the southern intersection with Old County Road), and finishes at Pembroke's majestic Reversing Falls Park on the western shore of Cobscook Bay, halfway between the Equator and the North Pole.

- Commemorative T-shirt for the first 50 pre-entries / shirt for sale at the event also!
- Pre-entries no later than May 25, 2016 (you may also sign up at the race).
- Awards ceremony for all divisions and prizes for Fun Run participants.
- Awards for overall winners, (10 and under).
- Cookout at Reversing Falls Park

*Please bring a side dish that can be shared—salad, sliced watermelon, dessert, etc.*

**Volunteers will be available at the sign-in location to take food donations to the finish.**

**\*\$5.00 for the post race picnic meal for all non-participants\***

10K Course Records: Men's – **Judson Cake** 33:04 (2008) | Women's – **Elizabeth Brunton** 39:17 (2010)

**Graciously accepting donations to support Down East Hospice Volunteers continued compassionate work**

Entry fee: \$10.00 for 16 & under / \$25.00 *adults*

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Please - **one participant per registration form**

Name: \_\_\_\_\_ Address: \_\_\_\_\_

Age on race day: \_\_\_\_\_ Circle shirt size: Adult: SMALL MED LG X-LG Team Name \_\_\_\_\_  
Circle event: 10km Run 10km Walk 5km Run 5km Walk Kid's 1-mile Fun Run (10 & under)

**MAKE CHECKS PAYABLE TO: DOWN EAST HOSPICE (Additional info from: jaretakis@hotmail.com)**

**MAIL TO: COBSCOOK BAY 10K c/o Jonathan Aretakis, P. O. Box 157, Pembroke, ME 04666 (207-726-5858)**

Entry Release: In consideration of accepting this entry, I, intending to be legally bound, hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims and damages I may have against the race organizers, directors, any sponsors, their representatives, successors, town of Pembroke, and assigns for any and all injuries suffered by me at said race or event, even if caused by negligence on the part of the race organizers.

Runner's Signature \_\_\_\_\_ Parent's Signature (if under 18) \_\_\_\_\_