

Tradewinds
Great Pumpkin 4k Road Race
🍁 2016 🍁

What: 4k (2.42 mi) Race

When: Sunday, September 25, 2016

Where: Registration in the parking lot of Tradewinds Market between 8:00-8:45 AM.
4k race will begin at 9:30 AM at Tradewinds Market and end at the Blue Hill library.

Directions: Tradewinds Market is located at the intersection of Rt 15 and South Street in Blue Hill.

Course: 4k will begin at Tradewinds Market. The 4k race will end at the Blue Hill library. The course is wheel measured. A large part of the course is downhill with the rest mostly flat with two short uphill sections.

Cost: Students- \$6; Adults-\$12 (All proceeds will be donated to the George Stevens Academy Cross-Country team)

T-Shirts: Free to the first 50 entries

Awards: Award presented to top Male and Female in each age group

\$100.00 Citgo gas card to the first Male and Female finishers of the race.

For more information: Contact The Blue Hill YMCA 207-374-2248

Part of the Tradewinds Market/SUB5 Road Race Series

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Name _____ Phone _____
Address _____ City _____ State _____ Zip _____
Age: _____ Male _____ Female _____ T-Shirt Size S _____ M _____ L _____ XL _____
Division: Student 12 and under _____ Student 13-19 _____ 20-29 _____ 30-39 _____
40-49 _____ 50-59 _____ 60-69 _____ 70+ _____
Entry Fee : Student \$6 _____ Adult \$12 _____

Race Waiver and Release (must be signed by participant or parent/guardian if under age 18): I am a voluntary participant in this event and in good physical condition. I know that this event is a potentially hazardous activity and I hereby assume full and complete responsibility for any injury or accident which may occur during participation in this event or while on the premises of this event. I hereby release and hold harmless and covenant not to file suit against the organizers, sponsors, workers, and any other persons or entities associated with this event from any loss, liability, or claims I may have arising out of my participation in this event.

Signature: _____ Date: _____

Parent or guardian signature (if under age 18) _____

Make Checks payable to: GSA, cross country team

Mail to : Blue Hill YMCA
PO Box 575
Blue Hill, ME 04614

OR You can drop it off @ The Blue Hill YMCA located behind Tradewinds Market.