



**THE 8TH ANNUAL
RALPH K. THOMAS
8K RUN 2016
2.5 Mile Walk**

WHERE: Penobscot Nation, Community Building, Indian Island ME

WHEN: Sunday, November 6, 2016 **TIME:** 10 AM (registration: 8:00 -9:45)

ENTRY FEE: \$15.00 pre-registration until 11/04/16; \$20.00 day of race
 Teams of 4 or more: \$12/person (pre-registered only)
 \$12.00 pre-registration for children up to 10 years; \$15.00 day of race
 Shirts available with registration while they last



Make checks payable to: Penobscot Nation
 Send to: Penobscot Nation
 C/O Dee Love
 12 Wabanaki Way
 Indian Island ME 04468

Proceeds to benefit: Diabetes Prevention & Awareness

CATEGORIES: 1st 8K Male & Female runner will receive a 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** ____ **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) _____