



**22nd Annual “Pony Pride” 5K Road Race
OPEN TO ALL**

In conjunction with Foxcroft Academy’s Alumni & Dover-Foxcroft Homecoming Weekend.

Date: Saturday, August 3, 2019
Time 8:00 a.m.
Register: 7:00 a.m. - 7:45 a.m. at the FA Track Building
Location: Foxcroft Academy (showers available), W. Main St., Dover-Foxcroft, ME
Course: 1st mile-relatively flat, 2nd mile-slight upgrade, 3rd mile varying terrain and last 200 meters finishes on Foxcroft Academy’s track.

Entry Fee: \$12.00 if Pre-Register, **\$36.00 Family of 4 if Pre-register**
\$15.00 Day of Race, **\$42.00 Family of 4 Day of Race**

Race Features: T-Shirts to first 50 participants who register.

- 1st Male/Female - \$50 Cash
- 1st Male/Female FA Alumni - \$20 Cash
- Gift Cards for the winner of each age division
- Lynx Timing System
- Post race refreshments – sponsored by Will’s Shop and Save

DIVISIONS: 10 and under, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and over

REGISTRATION: Send signed entry form with check payable to: Foxcroft Academy
c/o George Rolleston, 975 West Main Street, Dover-Foxcroft, ME 04426

-----Entry Form-----

Participant Waiver for Race Registration: I know that running a road race is potentially hazardous activity. I should not enter and participate unless I am medically able and properly trained. I agree to abide by the decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in 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 knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Foxcroft Academy and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

Runner’s Signature _____

Parent’s Signature (if under18) _____

Name (please print): _____

Sex: _____ Age: _____ **FA Alumnus** Yes/No Circle T-shirt size S M L XL

E-Mail Address (print clearly): _____