



# Cobscook Bay Social Distancing Challenge - 10K/5k

to benefit **Down East Hospice Volunteers of Washington County, ME**

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

*Co-Hosted by Bold Coast Runners*



**RUN OR WALK** - the Cobscook Bay Courses or wherever convenient and safe for you. Cobscook courses will be marked from April 15 to June 1. Due to Covid-19, gatherings of groups are prohibited until further notice. Please follow the CDC guidelines.

**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 since 1981. *Graciously accepting donations online or mailed in check.*

- ALL proceeds are directly donated to the mission of Down East Hospice Volunteers!
- Visit our Website for details! [www.cobscookbayroadraces.org](http://www.cobscookbayroadraces.org)
- Submit your time by June 1 – results published on website
- Commemorative T-shirt guaranteed for first 50 pre-entries
- send us your pictures via email or social media on Facebook @cobscookbayroadraces

Entry fee: \$10.00 for 16 & under / \$20.00 adults - add \$10 for T-shirt mailing

Please - one participant per registration form – write clearly

Circle one

Name: \_\_\_\_\_ Email address: \_\_\_\_\_ M F Other

Address: \_\_\_\_\_ Age \_\_\_\_\_ Time(HH:MM:SS) \_\_\_\_\_

Circle shirt size \$10: SM MED LG X-LG

Yes, I would like to Join Bold Coast Runners for \$10.

Send separate check for \$10 made to Bold Coast Runners

Circle event: 10km cobscook 10km virtual 5km cobscook 5km virtual

Donation amt. \_\_\_\_\_ Total \_\_\_\_\_ MAKE CHECKS PAYABLE TO: DOWN EAST HOSPICE

MAIL TO: COBSCOOK BAY 10K c/o Eric Mauricette 32 Independence Ave, Baileyville, ME 04694

**Entry Release** know that running in an event that is organized as a virtual activity where I run on my own, at a date and time of my choosing, in a location and running route of my choosing, which will not have any support or security measures in place by Cobscook Bay Road Races, Bold Coast Runners or Down East Hospice Volunteers is a potentially hazardous activity, which could result in injury or death. I acknowledge that I am participating in the activity outlined by this virtual event by my own free will and at my own personal risk. I will not participate in a virtual event unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I further agree to abide by the Center for Disease Control (CDC)'s recommendations for the prevention of the spread of COVID-19 and attest to having read the CDC's guidance at: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>. I attest that if my community has a shelter in place order, that I will only participate in the virtual event by using a personal treadmill, and I will not run outside in the community during the duration of a shelter in place order. I agree to follow all pedestrian safety ordinances including running on a sidewalk where available and not in the road. I agree to follow the rules of the road if no sidewalk or multi-use trail is available and I will run against oncoming traffic and not with traffic.

I agree to abide by any decision of a race official relative to any aspect of my participation in this virtual event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I having read the rules of the virtual race scheduled between April 15 and June 1 including the terms in this waiver, the timeline of the virtual event, and agree to abide by them. I assume all risks to me associated with running on my own as part of this virtual activity, including but not limited to: falls, contact with other pedestrians, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road or trail, all such risks being known or unknown and appreciated by me when out running on my own without any type of support from local officials or event organizers. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Cobscook Bay Road Races, Bold Coast Runners and Down East Hospice Volunteers, the town of Pembroke, Maine, and the Road Runners Club of America, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this virtual event, and waive my ability to bring any legal action against the entities outlined in this waiver as I am voluntarily electing to run on my own as part of this virtual event. I grant permission to all of the foregoing to use my photographs which I may share online as part of the event, personal data provided during registration and post-event reporting, video or audio recordings, or any other record of this event for any legitimate purpose. I understand that this event does not provide for refunds in the event of a cancellation, and by signing this waiver, I consent that I am not entitled to a refund if the event is cancelled before or during the event.

Runner's Signature \_\_\_\_\_

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

# Cobscook Bay Social Distancing Challenge 2020

## Special Instructions

Here are easy to follow steps to complete the challenge!

1. **Register –**
  - a. Register anytime from March 31 to June 1
  - b. fill the form out completely and neatly.
2. **Mail in above form** with payment, T-shirt fee if you so choose and Donation all in one check made to Down East Hospice Volunteers
  - a. Mail form no later than June 1
3. **Run or walk!**
  - a. Run the Cobscook Bay courses – course will be marked see website for maps or;
  - b. from your neighborhood, park or wherever convenient and safe for you!
4. **Submit your Results** via email to [boldcoastrunners@gmail.com](mailto:boldcoastrunners@gmail.com) or on Raceroster.com
  - a. Submit results on Race Roster between April 15 and June 1.
  - b. Official Results will be posted to cobscookbayroadrace.org on June 6
5. **Celebrate your finish**
  - a. with a picture and share it with us on Facebook @cobscookbayroadraces
  - b. or by email to [boldcoastrunners@gmail.com](mailto:boldcoastrunners@gmail.com)

*Questions/Comments??*

*Contact Race Director*

*Eric Mauricette*

*Bold Coast Runners*

*207 992 8282*

*Emauricette90@gmail.com*