



5K Trail Run ☼ 5K Trail Walk ☼ ½ Mile Kid's Run

To BENEFIT THE VOLUNTEERS IN POLICE SERVICES

When: Sunday, October 15, 2017

Times: Kid's Run at 9:00 a.m. 5K Run and Walk at 10:00 a.m.

Where: Johnson Field, Rt. 35, 89 Chadbourne Road, Standish Maine

☼ **T-shirts to the first 100 Pre-Registered Participants** ☼

Pre-Registration by Saturday, October 14, 2017: Register on line at <https://g2racereg.webconnex.com/otterpond5k17> or mail Registration Form and entry fee to: VIPS-5K Trail Run, 175 Northeast Road, Standish, ME 04084

Registrations on Day of Event and Packet Pick-up begins at 8:00 a.m.

	<u>Pre-Registration Fees</u>	<u>Registration Day of Events</u>
Kid's Run	\$5	\$7
5K Trail Run or Walk	\$20	\$25
Family Registration (4 household members)	\$45	\$50

Awards: 1st, 2nd, and 3rd Place Overall Male and Female

First place Male and Female finishes in the following age groups: 12 & under, 13-20, 21-40, 41-60, 61-71, 72 & above

For More Information: twchristy@roadrunner.com or (207) 310-0489

Registration Form for Each Participant

Name: _____ Age: _____ Sex: _____

Address: _____ Phone Number: _____

E-mail: _____

Entry Fee: Check off one	Pre-Registration	Day of Race	
<input type="radio"/> Adult 5K Trail Run or Walk	\$20	\$25	
<input type="radio"/> Family 5K (4 household members)	\$45	\$50	<input type="radio"/>
<input type="radio"/> Kid's Run	\$5	\$7	

T-shirt sizes: Circle one Adult: S M L XL Youth: S M L

WAIVER: I know running or walking in a road or trail race is potentially a hazardous activity. I should not enter or run or walk unless I am medically able and properly trained. I agree to abide by any decision of a race official regarding my ability to safely compete or run. I assume all risks associated with this event to include falls, contact with other participants, the effects of weather including heat, humidity, traffic, and other conditions known or anticipated by me. I am or the parent or legal guardian of a minor participating in this race or walk shall hold harmless and absolve the Town of Standish, VIPS, The Cumberland County Sheriff's Office and the Portland Water District, and all their officers, agents, employees, and other participants in this program, I hereby agree to defer, indemnify, and hold harmless the Town of Standish, VIPS, The Cumberland County Sheriff's Office and the Portland Water District in such activity from any claim arising because of injury to me or my child. I grant full permission of any of the foregoing to use video, tapes, photos, or any other record of this event for any legitimate purpose. No refunds.

Signature: _____ Date: _____

Parent/Guardian: _____ Date: _____