



Race to End Domestic Abuse

Saturday, October 2nd, 2010

5K ~ Family Walk

14th Annual Womancare River Run and Family Walk

Piscataquis Community Middle School, Blaine Ave., Guilford

Event Information

8:00 AM –
5K, Walk registration in the lobby

9:00 AM –
Race and Walk Begin

8-11:00 AM –
Pancake Breakfast in the cafeteria
\$5/person or \$12/family

10:30 AM –
Awards Ceremony

Race Information

Entry Fee for 5K: \$15
(\$12 for pre-registration)

5K Age Groups:

10 and under
11-14
15-19
20-29
30-39
40-49
50-59
60+

T-Shirts to first 75 entrants

2009 Sponsors

A.E. Robinson Oil Co., Inc.
Maine Savings Federal Credit Union
Mayo Surgical Associates
Hardwood Products Company, LLC
Sebastcook Family Doctors
Maine Highlands Federal
Credit Union
Pleasant River Lumber Company
Foxcroft Veterinary Service
Bowman Constructors
H & R Block

We hope that you will join us on Saturday, October 2nd for the 2010 Womancare River Run and Family Walk. We'll offer race results, water stops, mile markers, and showers may be available at the high school for runners. The 5K route will remain the same as last year, so lace up your sneakers and get ready to run! Remember that pledges are encouraged and the individual with the most pledges receives special recognition.

Bring your family! Enjoy a homemade pancake breakfast and our spirited awards ceremony after the race. Get pledges and special recognition for the most money raised.

Call 564-8165 for more information.

Send registration to: Womancare, POB 192, Dover-Foxcroft, ME 04426
~ checks payable to Womancare ~

=====

Entry Release: In consideration of accepting this entry, I, intending to be legally bound, hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims and damages I may have against the race organizers, directors, any sponsors, their representatives, successors, Town of Guilford, and assigns for any and all injuries suffered by me at said race or event, even if caused by negligence on the part of the race organizers.

Runner's Signature _____

Parent's Signature (if under18) _____

Name (please print): _____

Sex: _____ Age: _____

Mailing Address: _____

Circle T-shirt size: S M L XL

Bib#: _____