



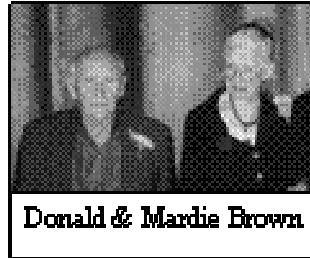
DOC AND MARDIE BROWN



5K ROAD RACE

*Sponsored by Club Naha Karate and the
New Balance Foundation Youth Fitness Center
of the Alford Youth Center*

*Date: August 21, 2010
Time: 8:30 a.m.*



Donald & Mardie Brown

CLUB NAHA



CENTRAL MAINE STRIDERS
FOUNDED 1975
"WE SHARE THE ROADS"



new balance foundation

Entry fees:

- \$10.00 for Pre-registered Runners/Walkers
- \$5.00 for Senior Citizens (age 55+)
- \$15.00 for Race Day Registration

Youth are encouraged to receive sponsorships*
to complete the 5K race.

*(Min. Sponsorship is \$1.00)

Please make checks payable to *Alford Youth Center 5K Road Race*
Address mail: *Attention: Jamiye Martin*

8:30A.M. - 5K Run/Walk for Adults, Youth, Seniors and Parents; young children in strollers.

Run – Starts at Quarry Road Trail and continues out onto a marked 5k trail path.

Walk– Starts at Quarry Road Trail-down Quarry Road-left on North Street to turn around at the AYC parking lot-up North Street-right onto Quarry Road-end at trail.

Alford Youth Center
126 North Street
Waterville, ME 04901
Phone: (207) 873-0684

– Doc & Mardie 5K Road Race –
August 21, 2010

WAIVER & ENTRY FORM

I know that running a road/trail race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running 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/trail, all such risks being known and appreciated by me. Having read this waiver and know 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 Alford Youth Center, Waterville Parks and Recreation Department, Central Maine Striders Club, City or Town officials, race directors and all sponsors, their representatives and successors for all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Name: _____

Age: _____ Gender: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Signature of Runner: _____

Signature of Parent/Guardian (if under the age of 18): _____

How did you hear about the Doc & Mardie 5K road race? _____

Race will start at 8:30 a.m.

Run begins at Quarry Road Trail-continues onto a marked 5k trail- end at beginning of trail.

Walk begins at Quarry Road Trail-down Quarry Road-left onto North Street-continuing down to turn around in the Alford Youth Center parking lot-back up North Street-right onto Quarry Road-end at trail.

Please mail payment and waiver form to:

Attention: Jamye Martin
Alford Youth Center
126 North Street
Waterville, ME 04901

For more information please contact Jamye Martin at 207.873.0684 ext: 203 or
by email at jmartin@alfondyouthcenter.org