



September 11, 2010
Registration: 2:00-3:30 pm

Ramada Inn
400 North Street
Saco, ME

5K Run at 4:00 pm
2 Mile Walk at 4:05 pm



13 Park Street
 Saco, ME 04072

Last Name _____ First Name _____ Sex (M) __ (F) __ DOB _____
 Mailing Address _____ City _____ State/Zip _____ T-Shirt Size _____
 Phone _____ E-mail _____

WALK REGISTRATION

Entry Fee: **Pre-registration by 9/9/2010- \$20 Day of race** Children (12 & Under) FREE
 \$15.00 (T-Shirt as supplies last) (Does not include T-shirt)

Pledges due at Walk/Run

I know that running/walking is a potentially hazardous activity. I should not participate unless I am medically fit and able. Having read this waiver and knowing these facts, and in consideration of being able to participate in this race, I, myself and/or my child/ward, waive and release Saco Bay Orthopaedic & Sports PT and any individuals associated with this race, any and all liability and will hold them harmless for all claims and liabilities of any kind arising out of my participation.

Signature _____ Date: _____
 Parent or Guardian must sign if registrant is under 18 Pre-registration by mail until 9/9/2010



Return to: Matt Cook, Saco Bay PT, 13 Park Street, Saco, ME 04072
 All participants must register. Use one registration per person. Photocopy for additional entries

RUN REGISTRATION

Last Name _____ First Name _____ Sex (M) __ (F) __ DOB _____
 Mailing Address _____ City _____ State/Zip _____ T-Shirt Size _____
 Phone _____ E-mail _____

Entry Fee: **Pre-registration by 9/9/2010- \$20 day of race** Children (12 & Under) FREE
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For the safety of runners, no head-phones, baby strollers/joggers, roller-blades, or animals are allowed. No refunds.

