

10K Road Race Sign-Up

Maine Lobster Festival 2005

COST: \$10 for pre-registration
\$12 day of the race

WHEN: August 7th, 2005
8:30 a.m.

WHERE: Rockland Public Landing

DIVISIONS: Men's & Women's
Open - First In

14 & under
15-19 20-29 30-39 40-49
50-59 60-69 70-79 80 & up

AWARDS: Prizes to 1st & 2nd places in each age group.

REGISTRATION: Make checks payable to:

Rockland Festival Corporation
PO Box 552
Rockland, ME 04841

CONTACT: Tammy Kolmosky
207-594-5563

* T-Shirts to all runners registered by July 15th

* Post race refreshments

* Water stops on the course

* Results posted in local papers and on
www.maine lobster festival.com

10K Road Race Registration Form

FIRST NAME: _____

LAST NAME: _____

ADDRESS: _____

STATE: _____

ZIP: _____

PHONE NUMBER: _____

() _____

SEX: M / F

AGE: _____

T-SHIRT SIZE:

M: _____

L: _____

XL: _____

In consideration of acceptance of this entry, I hereby waive and release any and all rights and claims for damages I may have against the sponsors and officials for any and all injuries suffered by me in this road race.

Signature: _____

(Signature of parent or legal guardian if under 18)