

Scarborough Frozen 5K

Date/Time: Sunday, January 9 **5K Race: 1:00pm** **Snow/Make up date**
Jan 23

Pre-Registration: Mail registration form to: Scarborough Track and Cross Country Boosters
105 Maple Ave, Scarborough, Maine 04074

Online Registration: <http://www.active.com/5k-race/scarborough-me/scarborough-frozen-5k-2011>

Cost: 5K Race - \$15 (short sleeve t-shirt to each registration before Thursday,
Jan. 6

Race day registration is \$20

Proceeds to benefit: Scarborough Track and Cross Country Programs

Race Day Registration: \$20-5K 11:30am-1:00pm Scarborough High School

Awards: Plaque to 1st male and female finisher.
5K Race - Trophies and Medals to top 3 in each age group.

Age Groups-5K: Trophy to 1st place in each age group:14 & under,15-18, 19-29, 30-39, 40-49, 50-59,
60-69, 70 and older. Open Overall – Male and Female

RaceSanctioned: Maine USATF

Start/Finish: Memorial Park, up to high school bus loop, head towards Wentworth School, go
in
back of Bessworth and head to Library, Left onto Rt.114, left on Sawyer
Rd, Left on
Side walk on Rt. 1, left into high school entrance, and finish in front of high
school

Direction/Location: **From South:** Me Turnpike Scarborough Exit 6, Straight through light, left
onto US Rt1

north, turn left at Town Hall/HS entrance, parking to your right.

From North: I295 south take exit 2 Scarborough/OOB, merge USRt1 south at 4th light,
turn right into HS/Town Hall entrance, parking to your right

Race Management: Scarborough Track and Cross Country Boosters

First Name _____ Last _____
Name _____ Please Print

Address _____ City _____
Zip _____

Tel _____ Age _____ Sex _____ E-mail _____

5K Race T- Shirt: AS _____ AM _____ AL _____ AXL _____

Kids 1Mile Race(13 & under) T-Shirt: YS _____ YM _____ YL _____ AS _____ AM _____ AL _____

Pre-Registration - \$15-5K Race Same fees at Race Day

Checks Payable to: Scarborough Track & XC Boosters

Mail to: Scarborough Track & XC Boosters, 105 Maple Ave, Scarborough, Maine 04074

I understand that running a road race is potentially hazardous activity. I further understand that I should not enter the road race 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/ or humidity, traffic, and conditions of the road, all such risks being understood and appreciated by me. Having read this waiver and understanding these facts, and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, wave and release the Scarborough Track and XC Boosters, Town of Scarborough, and all its sponsors, their representatives and successors from any claims or liabilities or causes of action of any kind arising out of my participation in this event.

Signature _____ Date _____ Race # _____

ISSUED _____