

Central Maine Striders, Inc.
Present
The 33rd Annual January Thaw 4.5 Mile Road Race

Saturday, January 14, 2012

10:00 A.M.

Belgrade, Maine

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- Where:** Belgrade Central School, on Belgrade Depot Road, near Hammond Lumber off Route 27.
- Entry Fee:** \$10.00 pre-register; \$12.00 day of race. Registration in Cafeteria in back begins 9:00am.
- Course:** 4.5 mile looping course, moderate rolling hills, begin and end at school.
- Awards:** Age group certificates, first in each age group. \$25 New Balance gift certificate 1st Male and 1st Female. Cotton gloves all runners. Door prizes after awards presentation.
- Race Director:** Geoffrey Hill (207) 314-5671. Email: geoffrey95hill@gmail.com.

Refreshments following the race.

Make Checks payable to Central Maine Striders and send with waiver below to:

**Geoffrey Hill
128 Western Ave.
Waterville, ME 04901**

Waiver & Entry Form - January Thaw 4.5 Miler

I know that running a road 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 low temperatures, snow or ice, and any road conditions; all such risks being known and appreciated by me. Having read this waiver and knowing 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 Central Maine Striders, Inc., City or Town Officials, Belgrade Central School, 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**_____ **SEX**_____

ADDRESS_____

SIGNATURE_____

PARENT/GUARDIAN IF UNDER 18