

May 4, 2012 (Friday)

Cascade Brook School 5K

Farmington, ME 4:00PM Cascade Brook School, 162 Learning Lane (*kids k at 4:00pm and 5K at 5:00 pm on moderately hilly roads and Ninas Woods*)

Contact: Jeff Meserve (Cascade Brook School). 1-207-778-4821 jmeserve@mtbluersd.org
[Yahoo! Maps](#)

May 5, 2012 (Saturday)

2nd Annual 5K Fun Run/Walk for Autism

Waterville, ME 9:00AM Thomas College, 180 West River Road (*Family-friendly*)

Contact: Cathy McGuckin (Woodfords Family Services). 1-207-878-9663 x4109
cmcguckin@woodfords.org
[Yahoo! Maps](#)

32nd Annual Boothbay Region YMCA Rocky Coast Road Race

Boothbay Harbor, ME 10:30AM 261 Townsend Ave, 261 Townsend Ave (*5K, 10K, 5K Walk and Bunny Run*)

Contact: Mary Baudo (Boothaby Region YMCA). 1-207-633-2855 x270 mbaudo@brymca.org
[Yahoo! Maps](#)

Chase Your Future at MCS 5K

Sanford, ME 8:30AM Margaret Chase Smith School, 248 Twombly Rd (*Keeping our children active and healthy!*)

Contact: Heidi Brennan (Margaret Chase Smith School PTG). 1-207-459-9812
brennan_0604@yahoo.com

 [Register Now](#) | [Yahoo! Maps](#)

ERA/MDA 5K race/walk

Augusta, ME 8:00AM Maine State Housing Parking lot -Downtown Augusta, 353 Water St. (*Flat level course along the Kennebec River Rail Trail. Prizes and Raffles!*)

Contact: Diane Garcell (ERA Webb Associates). 1-207-512-6374 dianegarcell@realtor.com
[Yahoo! Maps](#)

Its 5 Oclock somewhere 5k

Freeport, ME 5:00PM Challenging run starting on School St near Bow St Market and the Hilton Garden, School St. (*Sunset run, bonfire, band and beer. After party at Grittys in Freeport, Maine*)

Contact: Tina Hendricks (Habitat For Humanity). 1-207-837-9192 Success@lipgloss4lives.com
[Yahoo! Maps](#)

THE MURPH - 5 Mile Trail Race

Bath, ME 10:00AM Mc Mann Athletic Complex, 181 Congress Avenue (*Mixed terrain course with apres-run beer tent and BBQ!*)

Contact: Karyn Garofoli (Bath Parks and Recreation Department). 1-207-443-8360
kgarofoli@cityofbath.com
[Yahoo! Maps](#)

May 6, 2012 (Sunday)

Safe Passage 8th Annual Esperanza 5K Race/Walk

Cumberland, ME 8:00AM Greely High School, 303 Main Street (*Race includes a flat course, fun run, prizes, live music & food*)

Contact: Hannah Twombly (Safe Passage). 1-207-272-3209 htwombly@nya.org

[Yahoo! Maps](#)