

# Scarborough's 5K April Amble

Sunday April 6

**5K Run-1:30pm Kids 1 mile run -1:00pm**

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

Online: [www.active.com/scarborough-me/running/races/scarborough-5k-april-amble-2014](http://www.active.com/scarborough-me/running/races/scarborough-5k-april-amble-2014)

**Cost:** 5K Race - \$15pre registered, \$20 race day Kids' 1 Mile Race - \$10

Pre-registered athletes will receive a moisture wicking short sleeve shirt-register by Sunday March 30

**Proceeds to benefit:** Scarborough Track and Cross Country Programs

**Race Day Registration:** 12 noon SHS Tennis courts

**Awards:** Kids Race-Medal to each finisher, Plaque to 1<sup>st</sup> male and female finisher.

**Age Groups-5K:** Medals to top 6 in each age group: 14 & under, 15-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70 and older. Plaque - Open Overall - Male and Female

**RaceSanctioned:** Maine USATF

**Start/Finish:** Near the Scarborough Library>loop in back of Bessworth>left onto Gorham Rd-Rt.114>left on Sawyer Rd>left on sidewalk on Rt. 1>left into Town Hall entrance>right thru HS parking area> left on sidewalk-Gorham Rd>left into Wentworth School entrance to finish.

**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 4<sup>th</sup> light, turn right into HS/Town Hall entrance, parking to your right

**Race Management:** Scarborough Track and Cross Country Boosters

E-mail questions to Ron Kelly: [rkelly01@maine.rr.com](mailto:rkelly01@maine.rr.com)

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Please Print

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Tel \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_ E-mail \_\_\_\_\_

**Pre-Registration - \$15-5K Race \$10-1Mile Kids Race Fees at Race Day-5k-\$20**

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