

American Heart AssociationSM



Lewiston/Auburn Division
Invites you to the 1st Annual

Lost Valley
AUBURN

Dash Cardiovascular Run

Saturday
June 8, 1996

9:00 am flat 5K on paved country roads
10:30 am cross-country 5K on rambling ski trails

Two 5K Events

Racing Divisions:

*Male/Female open * 19 and under * 20 -29*
30 - 39 40 - 49 * 50 - 59 * 60 and over

Features: Lost Valley Ski area in Auburn will be the site of both events. The base lodge area will accommodate registration and refreshments. The wheel measured paved course is along pleasant country roads (MTC pending). The cross-country race will be a fun opportunity to experience running on wooded trails. Refreshments provided on the lawn, while each course will have a water stop. Thanks to the folks at Lost Valley for offering this great opportunity for the Cities of the Androscoggin's only road race this season.

Proceeds from this event will benefit the AHA's ongoing fight against heart disease and stroke - the leading cause of death in Maine and the USA. The first 100 entrants will receive a commemorative t-shirt.

Pre-Race Fee: \$ 8 single event

\$12 both 5K's

RaceDay Fee: \$10 single event

\$15 both 5K's

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