

MID WINTER 10-MILE CLASSIC

Sunday, February 7th, 2010 9:45 am

Cape Elizabeth High School
345 Ocean House Rd
Cape Elizabeth, ME



REGISTRATION INFORMATION

Pre-registration

- ☞ Fee \$20
- ☞ Packet pickup at Maine Running Company Sat 2/6
10am to 5pm, 563 Forest Ave, Portland, ME

Race Day

- ☞ Fee \$25
- ☞ High School Cafeteria 8:15 am to 9:30 am

RUNNER AMENITIES

- ☞ Short sleeve men's & women's style technical shirts
(limited to first 500 registered on first-come-first-served basis)
- ☞ Pizza, coffee & other post race nourishment
- ☞ Free sports message
- ☞ Showers & locker rooms
- ☞ Chip timing by Bay State Racing Services

FOR MORE INFORMATION

- ☞ mainetrackclub.com/midwinterclassic.html
- ☞ Contact Erik Boucher
207-210-8655
erik@tri-maine.com

AWARDS

1st, 2nd, 3rd Male & Female:

- ☞ Overall
- ☞ Under-20, 20-24, 25-29, 30-34, 35-39 40-44
45-49, 50-54, 55-59, 60-64, 65-69, 70+
- ☞ Clydesdales (male, 190 to 210 lbs)
- ☞ Clydesdales (male, 211+lbs)
- ☞ Fillies (female, 140 to 160 lbs)
- ☞ Fillies (female, 160+ lbs)

Youngest and Oldest finisher

\$100 CASH PRIZE

for new male or female open or masters course records

COURSE RECORDS

- ☞ Open male: Dan Vassallo , 51:09 (2009)
- ☞ Open female: Susannah Beck, 58:07 (2004)
- ☞ Masters male: Todd Coffin, 55:19 (2007)
- ☞ Masters female: Christine Reaser, 1:05:18 (2008)

Select a Category:

- Age Group
- Clydesdale (male, 190 lbs to 210 lbs)
- Clydesdale (male, 211+ lbs)
- Filly (female, 140 lbs to 160 lbs)
- Filly (female, 160+ lbs)

Make checks payable to:

Maine Track Club

Mail forms to:

Don Penta
183 Smith Rd
Windham, ME 04062

Pre-registration Fee: \$20

Race Day Fee: \$25

Drop off at:

Maine Running Company
563 Forest Ave
Portland, ME

Name: _____

Date of birth: _____ Age: _____ Gender: M F

Email: _____ Phone: _____

Street Address: _____

City/State/Zip: _____

Signature: _____ Date: _____

Guardian: _____ Date: _____
(If under 18 yrs)

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 the 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, windy conditions, and precipitation, traffic and conditions on the road; 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 Maine Track Club, the town of Cape Elizabeth, Maine, race directors, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.