



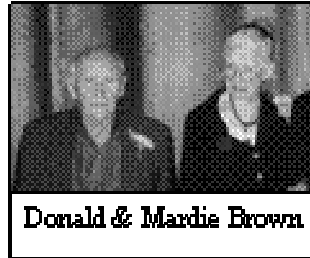
# DOC AND MARDIE BROWN



## 5K ROAD RACE

*Sponsored by Club Naha Karate and the  
New Balance Foundation Youth Fitness Center  
of the Alford Youth Center*

*Date: September 12, 2009  
Time: 9:00 a.m.*



Donald & Mardie Brown

**CLUB NAHA**



CENTRAL MAINE STRIDERS  
FOUNDED 1975  
"WE SHARE THE ROADS"



### Entry fees:

- \$10.00 for Pre-registered Runners/Walkers
- \$5.00 for Senior Citizens (age 55+)
- \$15.00 for Race Day Registration

Youth are encouraged to receive sponsorships\*  
to complete the 5K race.

\*(Min. Sponsorship is \$1.00)

Please make checks payable to *Alford Youth Center 5K Road Race*  
Address mail: *Attention: Amber Desrosiers*

9:00 A.M. - 5K Run/Walk for Adults, Youth, Seniors and Parents; young children in strollers.  
Race – Start at AYC - up Colby Hill - down May Flower Hill - past Gilman Street School, turn left  
onto West Street - turn left onto North Street, and back to AYC's parking lot entrance/exit.

Alford Youth Center  
126 North Street  
Waterville, ME 04901  
Phone: (207) 873-0684

**– Doc & Mardie 5K Road Race –**  
**September 12, 2009**

**WAIVER & ENTRY FORM**

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 high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and know 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 Alford Youth Center, Central Maine Striders Club, City or Town officials, race directors and 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: \_\_\_\_\_ Gender: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Signature of Runner: \_\_\_\_\_

Signature of Parent/Guardian (if under the age of 18): \_\_\_\_\_

How did you hear about the Doc & Mardie 5K road race? \_\_\_\_\_

Race will start at 9:00 A.M. at Boys & Girls Club/YMCA Alford Youth Center- up Colby Hill - down May Flower Hill - past Gilman Street School, turn left onto West Street - turn left onto North Street, and back to Alford Youth Centers parking lot entrance/exit.

Please mail payment and waiver form to:

Attention: Amber Desrosiers  
Alford Youth Center  
126 North Street  
Waterville, ME 04901

For more information please contact Amber Desrosiers at 207 873 0684 ext 203 or by email at [adesrosiers@alfondyouthcenter.org](mailto:adesrosiers@alfondyouthcenter.org)