# Scarborough Frozen 5K/1mile

**Date/Time:** **Sunday, January 10th One mile Kids Race: 1pm 5K Race: 1:30pm**

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

**Online Registration:** **www.active.com/event_detail.cfm?_id=1808033**

**Cost:** 5K Race - $15 (short sleeve t-shirt to each registration before Friday, Jan. 1st.
Kids' 1 Mile Race - $10 ( short sleeve t-shirt to each registration before Friday Jan. 1st.

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

**Race Day Registration:** $15-5K 1mile-$10 11:00am-1:00pm Scarborough High School

**Awards:** Kids Race-Medal to each finisher, Plaque to 1st male and female finisher.
5K Race - Trophies and Medals to top 3 in each age group.
Some prizes in a Drawing

**Age Groups-5K**: Trophy to 1st place in each age group:14 & under,15-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70 and older. Plaques - Open Overall – Male and Female

**RaceSanctioned:** Maine USATF

**Start/Finish:** Access road next to high school, head towards Wentworth School, go in back of Bessworth and head to Library, Left onto Rt.114, left on Sawyer Rd, left on Imperial, Right on Norma Dr., right on Barbara Ave., left on Sawyer Rd., left on Phillips St., right on Ellie Ave., right on Hebert St., left on Sawyer Rd., left on Durant Dr. into the Park, finish at the high school.

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

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

**Major Sponsors :**

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First Name_____Last Name_____Please Print

Address_____City_____Zip_____

Tel_____Age_____Sex_____E-mail _____

5K Race T- Shirt: AS_____AM_____AL_____AXL_____

Kids 1Mile Race(13 & under) T-Shirt: YS_____YM_____YL_____AS_____AM_____AL_____

**Pre-Registration - $15-5K Race** **$10-1Mile Kids Race** **Same fees at Race Day**

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_____