



# Peaks Island 5-Mile Road Race and Lions Club Lobster Bake



Saturday, July 31, 2010

Peaks Island, ME Time: 10:30 a.m.

- **Location:** Peaks Island Lions Club
- **Race sponsors:** Maine Track Club, Peaks Island Lions Club, Casco Bay Island Transit District, Maine Running Company
- **Race director:** Larry Dyer (207) 725-6962, [dldyer1@suscom-maine.net](mailto:dldyer1@suscom-maine.net)
- **Ferry service to island:** Ferries leave for Peaks Island from Portland at the following times on race day: 5:45 a.m., 6:45, 7:45, 8:30 and 9:15. Call Casco Bay Lines for more information, (207) 774-7871
- **Entry fee:** Preregistration, \$15; Race day, \$18; Kids' race, \$5 (Proceeds from race and lobster bake go to benefit the many community projects performed by the Peaks Island Lions Club, and to projects sponsored by the Maine Track Club)
- **T-shirts:** First 200 who register for 5-mile race
- **Kids' 1K:** Starts at 10:15 a.m. All finishers receive medal at finish line (no t-shirts)
- **Awards:** Top 3 males and females in following categories -- Overall, 14-19 years old, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Register online at [www.mainetrackclub.com](http://www.mainetrackclub.com)

## Peaks Island Road Race Entry Form

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_

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

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Telephone: \_\_\_\_\_

T-shirt size: S  M  L  XL

E-mail: \_\_\_\_\_

Lobster Bake Menu			
Meal	Price	# of meals	Total
Lobster	\$30		\$
Steak	\$23		\$
Chicken	\$18		\$
Vegetarian	\$13		\$
Children	\$5		\$
<b>Total</b>			\$

**All meals must be purchased by Wednesday, July 28. Meals will not be sold on race day.**

### Waiver

I understand that running a road race is a 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 heat and/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, waive and release the Maine Track Club, Peaks Island Lions Club and the Casco Bay Island Transit Authority and all 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.

**NO REFUNDS, EXCHANGES or TRANSFERS**

**NO DOGS ON LIONS CLUB PROPERTY**

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian signature if under 18 years of age: \_\_\_\_\_

Mail check payable to Peaks Island Road Race to: Larry Dyer, 15 Royal Oak Circle, Topsham, ME 04086