

FAMILIES ON THE RUN TIMES 2!

**10th ANNUAL
PORTLAND SEA DOGS
MOTHER'S DAY 5K**



SUNDAY, MAY 9TH, 2010 HADLOCK FIELD-PORTLAND
5K STARTS AT 9:15 AM KIDS FUN RUN AT 8:30 AM

*To Benefit Maine Cancer Foundation for Breast Cancer Research
Presented by **Paradigm Windows & Key Bank,***



→→BOTH RACES CAPPED AT 3000 EA←←

CATCH THE DOUBLEHEADER!


**Maine Medical Center
Cancer Institute**
centered around you

**SECOND ANNUAL
PORTLAND SEA DOGS
FATHER'S DAY 5K**



SUNDAY, JUNE 20th, 2010 HADLOCK FIELD-PORTLAND
5K STARTS AT 9:15 AM KIDS FUN RUN AT 8:30 AM
*To Benefit Prostate Cancer Research and Screenings in Maine
Presented by **Maine Medical Center Cancer Institute***

MOTHER'S DAY 5K/ SUNDAY, MAY 9th.

(The only day of the year Slugger & his Mom are seen together as they lead the way around this fast and walker friendly 5k course)

To benefit the Maine Cancer Foundation to help fight breast cancer in Maine

- ♥♥ Flowers await all ladies at the finish ♥♥
- ◆◆ Great Sea Dogs Tech T-Shirts – First 1,000 Registered ◆◆
- ◆◆ Entry includes ticket to any Sea Dogs home game ◆◆
- ◆◆ Pre/Post Race Massage – Refreshments- D-Tag Disposable Chip Timing – Mile Splits ◆◆
- ◆◆ Unique finish inside Hadlock Field at Home Plate – Big Screen Finish ◆◆
- ◆◆ Spectators Welcome - Unique Sea Dogs Awards- New England 65+ Running Club Maine Flag Race ◆◆
- ◆◆ Overall M & F Winners: Season Tickets and throw out first pitch next home game ◆◆
- ◆◆ Part of the USAT&F Sanctioned Grand Prix Series- USAT&F Certified ME01002WN ◆◆

◆◆ **Kids Run: FREE entry, FREE race shirt, refreshments, bib #, finishers medals** ◆◆
Slugger & Slugger's Mom lead the way around Fitzpatrick Stadium to a fun finish inside Hadlock Field at home plate

ENTRY INFORMATION & On-Line Registration for 5K and Kids Run -

www.seadogs.com/roadrace

Non-Refundable Entry Fee

\$15.00 before April 1st; \$18.00 thereafter

Special Family Rate of \$12.00 per person

for 4 or more, mail-in or on-line by April 15th.

SPECIAL BOTH RACES FOR \$26.00 before April 1st OR \$32.00 after April 1st

You must fill out both entry forms to register for both races

Race-Day Registration (only if cap not reached)

Hadlock Field: 271 Park Ave- Portland

Kids: 7:00 AM to 8:15 AM

5K: 7:00 AM to 9:00 AM

Registration/Package Pickup

Friday, May 7th from Noon to 6:00 PM at Maine Running Company located at 563 Forest Ave in Portland

Saturday, May 8th from 10:00 AM to 2:00 PM at Maine Running Company at 563 Forest Ave in Portland

NOTE: IF 3000 CAP REACHED PRIOR THERE WILL BE NO RACE DAY REG.

Please cut here -----

MOTHER'S DAY ENTRY FORM PLEASE PRINT CLEARLY – ONE ADULT ENTRY PER FORM
(OK to photo copy, OK to use one form for kids race listing all names and ages)

Name: _____ Phone: _____

Address: _____ Male: _____ Female: _____

City: _____ State: _____ Zip: _____ Age on Race Day: _____

EMAIL ADDRESS FOR IMPORTANT RACE WEEK UPDATES: _____

Shirt size: S M L XL Check one: 5K Runner/Walker _____ Kid's Race _____ (12 & under)

Additional donation in the Fight Against Breast Cancer in Maine: \$ _____

Please mail entry with check payable to: **Portland Sea Dogs Road Race, P. O. Box 636, Portland, ME 04104**

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 effect of weather (including rain, wind and snow, high heat/or humidity), traffic and the condition of the road. In consideration of your accepting my entry, I, for myself and any one entitled to act on my behalf, waive and release the Portland Sea Dogs, The City of Portland, Paradigm Windows, Maine Running Company, Maine Track Club, the Road Runners Club of America, and all other sponsors, their representatives, and successors for all claims of liabilities arising out of my participation in this event.

FOR SAFETY SAKE, NO PETS NO RACING WITH A STROLLER

(Those racing with a baby stroller WILL NOT be allowed to enter Hadlock Field. Walkers ARE allowed baby strollers.)

Signature: _____ Date: _____

(I understand this is for the Mother's Race Only/ Parents signature if under 18)

Presented by Maine Medical Center
FATHER'S DAY 5K/ SUNDAY, JUNE 20TH.
(The only day of the year Slugger & his Father are seen together as they lead
the way around this fast and walker friendly 5k course)

To benefit: Prostate Cancer Screenings in Maine

- ♥♥ Great Key Chains await all gentlemen at the finish ♥♥
- ◆◆ Great Sea Dogs Tech T-Shirts – First 1,000 Registered ◆◆
- ◆◆ Entry includes ticket to any Sea Dogs home game ◆◆
- ◆◆ Pre/Post Race Massage – Refreshments- D-Tag Disposable Chip Timing – Mile Splits ◆◆
- ◆◆ Unique finish inside Hadlock Field at Home Plate – Big Screen Finish ◆◆
- ◆◆ Spectators Welcome - Unique Sea Dogs Awards ◆◆
- ◆◆ Overall M & F Winners: Season Tickets and throw out first pitch next home game ◆◆
- ◆◆ USAT&F Certified ME01002WN ◆◆

◆◆ **Kids Run: FREE entry, FREE race shirt, refreshments, bib #, finishers medals** ◆◆
Slugger & Slugger's Dad lead the way around Fitzpatrick Stadium to a fun finish inside Hadlock Field at home plate

ENTRY INFORMATION & On-Line Registration for 5K and Kids Run -
www.seadogs.com/roadrace

Non-Refundable Entry Fee

\$15.00 before April 1st; \$18.00 thereafter
Special Family Rate of \$12.00 per person
for 4 or more, mail-in or on-line by April 15th.

Race-Day Registration

Hadlock Field
271 Park Avenue- Portland
Kids: 7:00 AM to 8:15 AM
5K: 7:00 AM to 9:00 AM

Registration/Package Pickup

Friday, June 18th from Noon to 6:00 PM at Maine Running Company located at 563 Forest Ave in Portland
Saturday, June 19th from 10:00 AM to 2:00 PM at Maine Running Company at 563 Forest Ave in Portland

NOTE: IF 3000 CAP REACHED PRIOR THERE WILL BE NO RACE DAY REG.

Please cut here -----

FATHER'S DAY ENTRY FORM PLEASE PRINT CLEARLY – ONE ADULT ENTRY PER FORM
(OK to photo copy, OK to use one form for kids race listing all names and ages)

Name: _____ Phone: _____

Address: _____ Male: _____ Female: _____

City: _____ State: _____ Zip: _____ Age on Race Day: _____

EMAIL ADDRESS FOR IMPORTANT RACE WEEK UPDATES: _____

Shirt size: S M L XL **Check one:** 5K Runner/Walker _____ Kid's Race _____ (12 & under)

Additional donation in the fight against prostate cancer in Maine: \$ _____

Please mail entry with check payable to: **Portland Sea Dogs Road Race, P. O. Box 636, Portland, ME 04104**

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 effect of weather (including rain, wind and snow, high heat/or humidity), traffic and the condition of the road. In consideration of your accepting my entry, I, for myself and any one entitled to act on my behalf, waive and release the Portland Sea Dogs, The City of Portland, Paradigm Windows, Maine Running Company, Maine Track Club, the Road Runners Club of America, and all other sponsors, their representatives, and successors for all claims of liabilities arising out of my participation in this event.

FOR SAFETY'S SAKE, NO RADIO HEADSETS, NO PETS

(Those racing with a baby stroller WILL NOT be allowed to enter Hadlock Field. Walkers ARE allowed baby strollers.)

Signature: _____ Date: _____

(I understand this is for the Father's Day Race only/ Parents signature if under 18)

THE COURSE FOR BOTH RACES

Slugger & his mom and dad lead the way around this flat 5K starting in front of the Portland Ice Arena on Park Avenue. Traveling out Park Avenue. to Congress Street taking a right onto Stevens Avenue, right onto Brighton Avenue to Deering Avenue. Enter Fitzpatrick Stadium and then enter Hadlock Field via centerfield, along the warning track with the finish in front of the visitor's dugout.

DIRECTIONS & PARKING

From the South: Take I295 to Exit 5 Congress St, bear left off exit, take left at first light onto St. John Street and next right onto Park Avenue.

From the North: Take I295 South to Exit 6B Forest Avenue, bearing right off exit, take right at first light through Deering Oaks Park. Take next right onto Park Ave. Hadlock Field approx. $\frac{1}{2}$ mile on right.

Parking: Fitzpatrick Stadium parking lot just off Deering Ave, roughly one block east of Hadlock Field. Parking in the lot between Portland Expo and Ice Arena. Street parking is available.

Awards: Overall award winners are not eligible for age group awards

Top 3: Male & Female in the following age groups

Open Overall

14 & under	15 - 24	25 - 29	30 - 34	35 - 39	40 - 44	45 - 49
50 - 54	55 - 59	60 - 64	65 - 69	70 - 74	75 - 79	80+

Mother's Day 5K Records

2007: Louis Luchini Ellsworth ME 14:30 **

2006: Kristin Barry Scarborough ME 17:26

Father's Day 5K Records

2009: Ben True North Yarmouth ME 15:11

2009: Sheri Piers Falmouth ME 16:59 **

** Indicates "Course" Record

For more info, call 207-874-9300 or email:

RaceDirector@MaineMarathon.com or geoff@seadogs.com

