



Snowy Egret 5K Run/Walk

Memorial Day, Monday, May 31, 2010

**5K Run/Walk for the Marsh
Kids 1K Fun Run**

*Sponsored by Chiropractic Family Wellness Center
in cooperation with the Eastern Trail Alliance to benefit
Scarborough Marsh.*

**Awards go to
Male & Female:**

Overall 1st
18 & Under ... 1-3
19-29 1-3
30-39 1-3
40-49 1-3
50-59 1-3
60-69 1-3
70+ 1-3

Services:

Therapeutic massage
Spinal screenings
Raffle
Gifts and prizes
Water stops, split times
Bathroom facilities
Mile markers
Refreshments provided by *Scarborough
Mister Bagel™*

**Directions to the Scarborough Marsh Audubon Center and
Peterson Field**

From the north via the Maine Turnpike, take Exit 42, Scarborough, to Route 1 south. Turn left onto Route 9. Scarborough Marsh Audubon Center is located 8 miles on the left. Continue for an additional .7 miles on Route 9 and take a right onto Old Blue Point Road. Peterson Field will be .1 mile on your right.

From the south, take Exit 36 to Route 1 north. Turn right onto Route 9. The Scarborough Marsh Audubon Center is located .8 miles on the left. Continue for an additional .7 miles on Route 9 and take a right onto Old Blue Point Road. Peterson Field will be .1 mile on your right.

RACE DETAILS

Time:

Kids 1K Fun Run starts at 8:30 a.m.
5K Run/Walk starts at 9 a.m.

Place:

Kids 1K Fun Run will start and end at the Pine Point end of the Eastern Trail. 5K Run/Walk will start at Scarborough Marsh Audubon Center and end at Peterson Field.

Entry Fee:

5K Run/Walk is \$14 in advance, or \$17 for race-day registration. Kids 1K Kids Fun Run (12 and under) \$4 in advance online or day of race.

Registration:

To register, contact Chiropractic Family Wellness Center at (207) 883-5549, or on line at www.snowyegret5krun.com, or mail in the entry form on reverse.

Advance registration, tee-shirt and bib pick-up at Scarborough Marsh Audubon Center Saturday, May 29 and Sunday, May 30. Race-day registration, bib and tee-shirt pick-up at Peterson Field.

Awards:

Tee-shirts to the first 100 5K registrants. Medals to all Kids 1K Fun Run participants.



ENTRY FORM
Snowy Egret 5K Run/Walk for the Marsh

Name: _____ Age: _____ Sex: _____ Phone: _____

Address: _____ City: _____ State: _____ Zip: _____

Email Address: _____

Signature: _____
(Guardian if under 18)

T-shirt size: M L XL (first 100 registrants)

SEND ENTRY FORM TO: CFWC, 180 U.S. Route One, Scarborough, Maine 04074

Telephone: (207) 883-5549

CHECKS PAYABLE TO: Chiropractic Family Wellness Center

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 anyone entitled to act on my behalf, waive and release the Chiropractic Family Wellness Center, Maine Audubon, Scarborough Marsh Audubon Center, and Eastern Trail Alliance 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 HEADSETS, NO PETS, NO BABY STROLLERS.

Signature: _____ Date: _____
Participant and/or Guardian if under 18



For more information about:

Scarborough Marsh Audubon Center
Contact Linda Woodard
207-415-8331
marshmavin@yahoo.com
www.maineaudubon.org

Eastern Trail Alliance
Contact: John Andrews
207-282-1979
www.eastertrail.org

Chiropractic Family Wellness Center
Contact: Dr. Carroll Coyle
207-883-5549
www.scarboroughchiropractor.com

Register online at:
<http://www.snowyegret5krun.com/>