



Join the FUN!

# Snowy Egret 5K Run/Walk

Memorial Day, Monday, May 29, 2017

Proceeds Support the Scarborough Marsh Audubon Center and Eastern Trail Alliance 5K Run/Walk for the Marsh/ Kids 1K Fun Run



### 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 \$16 in advance, or \$19 for race-day registration. 1K Kids Fun Run (12 and under) \$4

**Registration:** Register online at [www.runsignup.com](http://www.runsignup.com), or mail in the entry form on reverse side. For more info: [www.snowyegret5Krun.com](http://www.snowyegret5Krun.com)

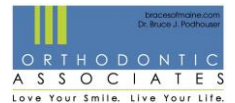
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### Snowy Egret 5K Run/Walk for the Marsh

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

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email address: \_\_\_\_\_

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

(Guardian if under 18)

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

SEND ENTRY FORM TO: CFWC, 433 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, 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

### Snowy Egret 5K Run/Walk for the Marsh

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

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email address: \_\_\_\_\_

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

(Guardian if under 18)

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