

MILBRIDGE 5K & FUN RUN!



SATURDAY, JULY 27, 2019

Register online at whrl.org/5K

ROUTE

A 3.1 mile wheel measured course starting at the corner of Fickett's Point and Bay View Rd, down Fickett's Point Road and back. The Kids Fun Run is one mile - 1/2 mile up Fickett's Point road and back.

Race timed by Brian Hubbell.

ENTRY FEES & REGISTRATION

Pre-Register by Wed, July 25, 5K \$20, Fun Run \$5

8 AM START

Registration from 7:00 to 7:45am for both events at the corner of Bay View Road and Fickett's Point Road. Fun Run begins at 8am, 5K begins at 8:30am. Bay View Road is directly off U.S. Route 1 near the bridge. Parking at the Town Marina on Bay View Rd.

AWARDS

Cash prizes to the 5K top three male and female racers (\$100, \$50, \$25). Ribbons for 1st, 2nd, and 3rd in each category and recognition for all Fun Run participants.

Questions? Contact info@whrl.org or call 207-546-7677.

REGISTRATION FORM

Name _____

Mailing Address _____

Town _____

State _____

Zip Code _____

Phone _____

Email _____

Register online at: www.whrl.org/5k/ until July 25.

Select One

5K Run/Walk: \$20 Age: _____

Kids Fun Run: \$5 Age: _____

T-shirt size (5K only)

S M L XL XXL No-tshirt

After 7/10 we'll do our best to accommodate, but no guarantees!

Gender: Female Male

**Register by 7/10 to guarantee your
race t-shirt! (5K only)**

Please make checks payable to: WHRL

Send registration and payment to: Women's Health Resource Library, PO Box 463, Milbridge, ME 04658

In consideration of accepting this entry, I, intending to be legally bound, hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims and damages I may have against the race organizers, directors, and sponsors, their representatives, successors, Town of Milbridge and assigns for any and all injuries suffered by me at said race or event, even if caused by negligence on the part of the race organizers.

Participant's Signature _____

Parent signature required if under 18

Proceeds benefit programs of the:

**Women's Health
Resource Library**