

The Annual MeCA SPRING RUN-OFF

5K – Run and Walk

Distance: 5K (3.1 miles) wheel measured.

Course: START and FINISH at main entrance to the Samoset. Out and back course, miles 1 and 3 fairly flat, the middle of racecourse has a downhill (out) and an uphill (return).

Date & Time: Monday, April 4th Walkers 4:00 p.m.
Runners 4:30 p.m.
Participants should check in 30 minutes before race begins.

Prizes: A certificate of completion will be given to each participant

Plus: Water at halfway point, mile markers, timing, and results forwarded to the MeCA ***Newsletter***.

Name: _____ Sex: M ____ F ____

Address: _____ Run: ____ Walk: ____

City: _____ State: ____ Zip: _____

e-mail: _____ Telephone: _____

College or Organization: _____

In consideration of your acceptance of this entry, I, intending to be legally sound, hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against any sponsor, their representative, successors and assigns, for any and all injuries suffered by me at said race.

Signature: _____ Date: _____

Please mail completed form to: Sue Pierce
Houlton High School
7 Bird Street
Houlton, ME 04730

Late registration forms will be accepted at the conference until 12:00 noon on race day.