



**BOYS & GIRLS CLUB
OF GREATER GARDINER**

GARDINER 5K RUN ~ WALK

Saturday, June 20, 2009 at 8:00 a.m.

Kennebec River Rail Trail

Join the runners and walkers for this early morning run or walk on the beautiful Kennebec River Rail Trail. **Registration will begin at 7:00 a.m. at the Gardiner Waterfront.**

- ENTRY FEE: \$15 – T-shirts to all pre-registered runners and walkers
- SPONSOR: Kennebec Savings Bank
- BENEFIT: Boys & Girls Club of Greater Gardiner (summer program supplies)
- RACE DIRECTORS: Orm Irish (207-724-3812; irishorm@aol.com)
Mark Johnston (207.623.3334; MJohnston@myfairpoint.net)
- AWARDS: 1st male/female - overall; 1st male/female – 14 and under, 15 to 19, 20 to 24, 25 to 29, 30 to 34, 35 to 39, 40 to 44, 45 to 49, 50 to 54, 55 to 59, 60 to 64, 65 to 69, 70 to 74, 75-79, 80 and up.
- RESULTS: Published in Kennebec Journal, Morning Sentinel, Interval Newsletter, Cool Running (website), Maine Track Club (website)

Waiver and Entry Form – Gardiner 5K Run ~ Walk

I know that running a road race is a potentially hazardous activity. I should not enter 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 in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Boys & Girls Club of Greater Gardiner, city or town officials, and all sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. 5K Runner 5K Walker

NAME: _____ AGE: _____ SEX: M___ F___

ADDRESS: _____ PHONE: _____

CLUB OR GROUP AFFILIATION: _____ T-Shirt: S___ M___ L___ XL___

SIGNATURE

PARENT or GUARDIAN (if under 18)

Mail or Return To: Boys & Girls Club of Greater Gardiner 14 Pray Street Gardiner, ME 04345