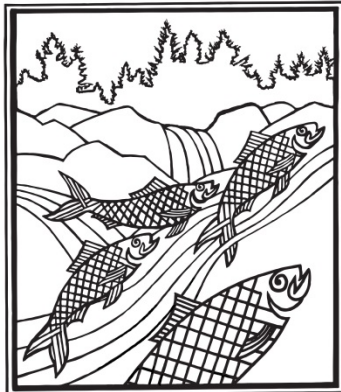


2nd Annual Run with the Alewives 5K and 10K Races

To benefit the Damariscotta Mills Fish Ladder Restoration

Sunday, May 28th 2017



RUN WITH THE **ALEWIVES**

Both races start at 8:00 from Damariscotta Mills
Packet pick-up from 7:00-7:45

Medals for 1st and 2nd place male and female finishers for both age groups and race.
Gift cards from Mexicali Blues and Reny's to be randomly drawn at the start for registered runners.

Registration: Ages 21 and up, \$35 before May 27th, \$40 the day of the race
Ages 13 to 20, \$20 before May 27th, \$25 the day of the race

Register Online at www.RunInARace.com or by completing the form below and mailing to Alewives, c/o Run in A Race, P.O. Box 144, Freeport, ME 04032



Last Name _____ First Name _____

Phone _____ Email _____

Race (circle one): 5K walk 5K run 10K run

Shirt size: XS S M L XL Male/Female

Waiver: (Must be Signed) I know that running a road race is a potentially hazardous activity. I should not enter and run/walk unless I am medically able. I assume all risks associated with running this event including but not limited to falls, contact with other participants, the effects of the weather, traffic and conditions on the road. Knowing these facts I waive and release the Fish Ladder Restoration Project, race directors, and all sponsors from all claims or liabilities of any kind arising out of my participation in this event.

Signature _____ Date _____