



PO Box 840, Rockport, ME 04856

**11TH ANNUAL  
WALK/RUN**



**DATE**

Saturday, June 19, 2010

**START**

Penobscot Bay YMCA  
8:30 AM - walkers  
9:00 AM - runners

**COURSE**

A fun 3.1 mile loop  
along Union St.  
and Beauchamp Point Rd.

A fun family event!



# DETAILS

## Where

Penobscot Bay YMCA  
116 Union St., Rockport

## When

Saturday, June 19, 2010  
Start 8:30 AM – walkers  
9:00 AM – runners

## Registration Fee

Pre-Register (by June 12) \$12.00  
Race Day - \$15.00  
Registration: 7:45 - 8:45 AM  
(walkers start the course at 8:30am)

## For the Walkers

Bring your family and your dog  
for a scenic walk!

## More...

Water stops on course  
Post Race Refreshments  
Use of shower facilities

## Race Director

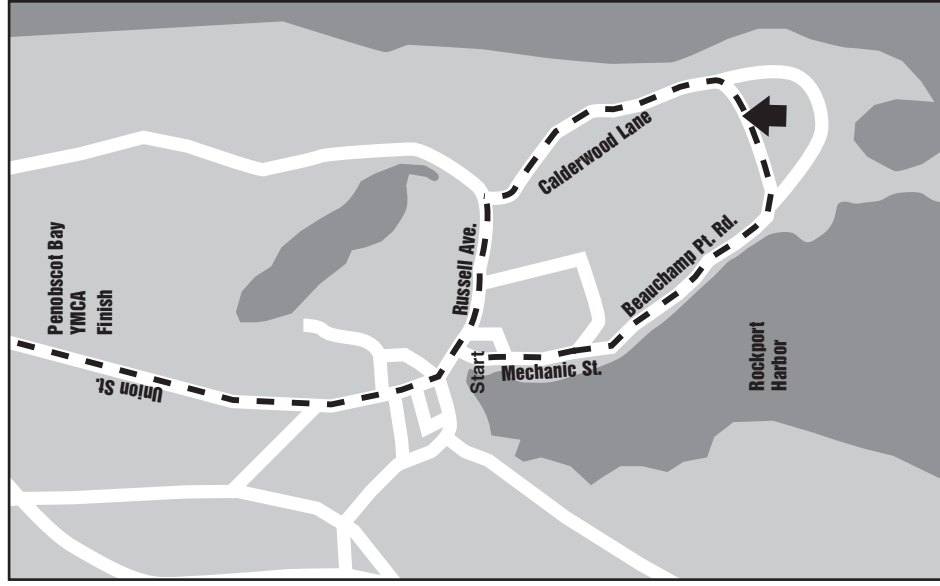
Sandy Bodamer - 236-3375  
email: sbodamer@penbayymca.org



## T-Shirts

Guaranteed to all who  
pre-register by June 12th

# COURSE



**Walkers!**  
Join in on the fun and walk  
your way to fitness:

The Penobscot Bay YMCA has joined the national "Activate America" coalition to help combat obesity and encourage the development of healthy lifestyle habits. Here's your chance to enjoy a scenic 3.1 mile walk in Rockport, ME.

Help us support our youth and adult programs that build a healthy spirit, mind and body by walking or running the Harbor View 5K Road Race.

"A journey of 1,000 miles begins with one step..."

# ENTRY FORM

Name \_\_\_\_\_ Sex M F

Age \_\_\_\_\_

Address \_\_\_\_\_

Telephone \_\_\_\_\_ E-Mail Address \_\_\_\_\_

T-Shirt Size: S M L XL  
(circle size)

Runner  (Check One)  
Walker

## Waiver

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 assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effect of the weather, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing the facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waiver and release all officials, 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 the waiver.

Signature \_\_\_\_\_

Parent/Guardian Signature (if under 18) \_\_\_\_\_

Mail to:  
**Penobscot Bay YMCA**  
PO Box 840, Rockport, ME 04856