

3rd Annual - RUN AROUND THE OTTER PONDS

5k Trail Run ☀ 5K Trail Walk ☀ ½ Mile Kid's Run



To Benefit Cumberland County Volunteers in Police Services

WHEN	WHERE
Sunday October 13, 2019 Kid's Run – 09:00, 5K Walk/Run – 10:00	Johnson Field Rte. 35, 89 Chadbourne Rd. Standish, Maine

☀ T-shirts to the first 50 pre-registered participants ☀

Pre-Register by Saturday, October 12, 2019: Register on line at www.runsignup.com or mail Registration Form and entry fee to VIPS – 5K Trail Run, 175 Northeast Road, Standish, ME 04084

FEES

	Pre-Registration Fees	Day of Event Registration
Kid's Run	\$5	\$7
5K Trail Run or Walk	\$20	\$25
Family Registration (4 household members)	\$45	\$50

PACKET PICK-UP ON OCT. 13 BEGINS @ 08:00 – 10:00 am at Johnson Park

AWARDS

1st, 2nd, and 3rd place for overall female and male
First place female and male finish in the following age groups; 12 & under, 13-20, 21-30, 31-40, 41-51, 51-60, 61 & up

FMI: macha@cumberlandcounty.org or Terry Christy at (207) 310-0489

----- cut here and submit the form below -----

USE A SEPARATE FORM FOR EACH PARTICIPANT'S REGISTRATION

Name: _____ Age: _____ Gender: _____
 Address: _____
 City: _____ State: _____ Zip Code: _____
 Phone: _____ Email: _____

CHECK CORRECT COMBO:

	Pre-Registration Fees	Day of Event Registration
<input type="checkbox"/> Kid's Run	<input type="checkbox"/> \$5	<input type="checkbox"/> \$7
<input type="checkbox"/> 5K Trail Run or Walk	<input type="checkbox"/> \$20	<input type="checkbox"/> \$25
<input type="checkbox"/> Family Registration (4 household members)	<input type="checkbox"/> \$45	<input type="checkbox"/> \$50

T-SHIRT SIZE: Adult - M L XL XXL Youth - S M L

WAIVER

I know running or walking in a road or trail race is potentially a hazardous activity. I should not enter, run or walk unless I am medically able and properly trained. I agree to abide by any decision made by race officials regarding my ability to safely complete, run or walk in this event. I assume all risks associated with this event to include falls, contact with other participants, effects of weather, including heat and/or humidity, traffic and/or other conditions known, anticipated or unexpected. I, acting for myself and/or as legal guardian of a minor participating in this event shall hold harmless and absolve the Town of Standish, the VIPS, the Cumberland County Sheriff's Office and/or the Portland Water District and all of their officers, agents, employees and/or other participants in this program. I hereby agree to defer, indemnify and hold harmless the Town of Standish, the VIPS, the Cumberland County Sheriff's Office and/or the Portland Water District in such activity in which any claim may arise due to injury to myself or child. I grant full permission of any of the foregoing to use video, tapes, photos, or any other such record of this event for any legitimate purpose. I understand that there will be no refunds for this event.

Signature (participant): _____ Date: _____

Signature (guardian): _____ Date: _____

**PRE-REGISTRATION ENDS 10/12/19 SEND COMPLETED FORMS TO:
 VIPS -5K TRAIL RUN, 175 NORTHEAST RD., STANDISH, ME 04084
 REGISTER ON LINE AT: www.runsignup.com**

