

BOW STREET MARKET

8th Annual Tortoise and Hare 5K

Saturday, April 30, 2017



Parking available in School Street lot and Mast Landing School. Race starts on Park Street and finishes at **Bow Street Market**. If race is cancelled due to extreme weather conditions, there will be no make-up date and no refunds.

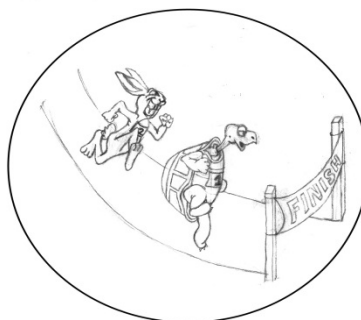
Race Starts Promptly at 9:00 a.m.

Hare

Be the fastest

and

win a prize!!!



Tortoise

Predict your time

and

win a prize!!!

Overall Male and Female Win \$100 Card BowStreetMarket Cash Cards

Age Group M/F Tortoise and Hare Prizes: 12 and Under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and Above

REGISTER ON LINE AT RunInARace.com

Mail-In Pre-registration - \$20.00 (Make check payable to Run In A Race)
Day of race registration (no shirt) - \$25.00 (Race day registration begins at 8 a.m.)

**First 100 Registered
Guaranteed a T-Shirt**

For Mail-In registration send check to Run In A Race, PO BOX 144, Freeport, ME 04032

Registration Form – Freeport Running Boosters **Bow Street Market 5K**

Name: _____ Age on Race Day _____ M/F: _____

City: _____ State: _____ Phone: _____

Email: _____ Predicted Race Time: _____

T-Shirt: Yes No Size: Adult Small Adult Medium Adult Large Adult XL
(circle) (circle)

Waiver: I hereby Agree to release, discharge, indemnify and hold the Bow Street Market, Town of Freeport, Regional School Unit No. 5, Run In A Race, LLC and their agents and employees harmless from any liability claims, demands, costs, or damages arising out of the said program which I or my participating child may sustain during the said event. I also understand photos of my participation may be used for promotional purposes. I have read this document carefully and signed it voluntarily with full knowledge of its significance.

Signature: _____ Date: _____

No Watches or Timing Devices Allowed on Course
Proceeds to Benefit Freeport Running Boosters
Supporting Youth Running in Durham, Freeport and Pownal