



# CAPE CHALLENGE

## SUNDAY, JUNE 2, 2019

PROCEEDS BENEFIT CAPE ELIZABETH  
HIGH SCHOOL, MIDDLE SCHOOL & POND COVE  
PARENTS' ASSOCIATIONS

### SPONSORED BY

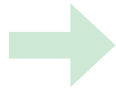


**OA Centers for  
Orthopaedics**  
Spectrum Healthcare Partners



### Packet Registration Pick-up @ MS/PC Cafetorium

Saturday, June 1<sup>ST</sup> 4:00 p.m. – 6:00 p.m. or race day 7:30 a.m. – 8:30 a.m.



**8:30 AM** ***Fun Run (Ages 8 & Under Only)***

No Registration required.

Course: Around Cape Elizabeth Middle School field



**9:00 AM** ***One Miler (Ages 12 & Under Only)***

Registration: \$ 12.00 race fee. Race day t-shirt sold separately for \$10.

Course: Starts and finishes at Cape Elizabeth Pond Cove School

Awards: Trophies go to Male & Female Overall and 1<sup>st</sup> & 2<sup>nd</sup> place Male & Female in each age group. Top Male & Top Female in each age group: 6 & under, 7-8, 9-10, 11-12. Overall winners are not eligible for age group awards.



**9:30 AM** ***5K Challenge***

Registration: \$20.00 race fee. Race day t-shirt sold separately for \$10 Youth /\$15 Adult.

Course: Starts and finishes at Cape Elizabeth Pond Cove School / Middle School, Scott Dyer Road, USATF certified #ME03003RF.

Awards: 5K Top Male & Female Overall. Trophies go to Male & Female Overall and 1<sup>st</sup> & 2<sup>nd</sup> place Male & Female in each age group: 6 & under, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18. Medals and awards go to 1<sup>st</sup> & 2<sup>nd</sup> place Male & Female in each age group: 19-29, 30-39, 40-49, 50-50, 60-69, 70+. Overall winners are not eligible for age group awards.



**10:15 AM** ***Awards Ceremony***

Online registration at [www.RunInARace.com/CapeChallenge](http://www.RunInARace.com/CapeChallenge) or complete & mail in registration form on reverse side.

**Race Day registration fees: 5K \$25.00/1M \$15.00. CASH OR CHECK ONLY PLEASE.**



# REGISTRATION FORM

Online registration available at [RunInARace.com/CapeChallenge](http://RunInARace.com/CapeChallenge)

**CHIP-TIMED ENTRY FEE: 5K \$20.00\* • 1MILE \$12.00\***

\*Cape Elizabeth teachers & staff run for FREE, but must register to get a bib & chip

**ADD RACE DAY T-SHIRT FOR \$10.00 YOUTH/\$15.00 ADULT**

**MUST BE ORDERED ONLINE OR FORM RECEIVED BY MAY 29<sup>TH</sup> – T-Shirt Sizes: Adult S, M, L, XL & Youth S, M, L, XL**

REGISTRANT NAME	ADDRESS	EMAIL	M/F	AGE	GRADE	5K \$20.00* 1M \$12.00*	ADD T-SHIRT YOUTH \$10 ADULT \$15	T-SHIRT SIZE (See options above)	AMOUNT DUE
Example: Joe Smith	1 Main Street Hometown, ME 04107	<a href="mailto:joesmith@email.com">joesmith@email.com</a>	M	17	12	\$20	\$15	Adult L	\$35.00

PLEASE MAIL PRE-REGISTRATION FORM WITH CHECK PAYABLE TO PCPA TO: RUN IN A RACE, PO Box 144, FREEPORT, ME 04032

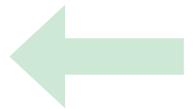
RACE DAY REGISTRATION FEES ARE 5K: \$25 & 1-MILE: \$15 – CASH OR CHECK ONLY PLEASE

LAST REGISTRATION IS AT 8:30 AM – NO EXCEPTIONS

**TOTAL  
DUE**

### Mandatory Waiver

I understand that running a road race is a potentially hazardous activity. I further understand that I should not enter the road race 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'll assume all risks associated with running the event including but not limited to falls, contact with other participants, the effects of weather including high heat or humidity, traffic and conditions of the road, all such risks being understood and appreciated by me. Having read this waiver and understanding 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 timing company, PCPA, Cape Elizabeth Schools Dept. and all its sponsors, their representatives and successors from any claims or liabilities or causes of action of any kind arising out of my participation in this event.



Please initial to the right if you agree to the terms listed above. If under 18, a parent must initial for you. \_\_\_\_\_