



**30<sup>th</sup> Cobscook Bay Road Races**  
**10K/5k/Kids Fun Run**  
 to benefit **Down East Hospice Volunteers**  
 of Washington County, ME



Co-hosted by **Bold Coast Runners**  
[www.boldcoastrunners.org](http://www.boldcoastrunners.org)

**Bib Pickup 8am-845am | Kids Fun run: 8:30am - 5k/10k Start 9am**

Celebrating the 30th anniversary of running the shores of Cobscook Bay from Pembroke to majestic Reversing Falls. **Run or Walk in-person, run on your own(ROYO), or VIRTUALLY from anywhere in the world** to support Cobscook Road Races.

**SUPPORT DOWN EAST HOSPICE VOLUNTEERS-** the only volunteer hospice program of cost-free comfort care for the terminally ill, the grieving, and their families throughout Washington County since 1981. *Graciously accepting donations online or mailed in check.*

**Visit website for details!** [www.cobscookbayroadraces.org](http://www.cobscookbayroadraces.org)

- ALL proceeds are directly donated to the mission of Down East Hospice Volunteers!
- Participate in-person June 5, Run the Course on your own May 22 to June 5 or Virtually
- You must register in advance; no day of registration; mail by June 3<sup>rd</sup>.
- Certified USATF 5k/10k Courses; point to point; in-person race details will be sent via email
- Social Distancing guidelines will be followed
- Virtual/ROYO runners - Submit your time by June 5\_– results published on website
- Commemorative T-shirt guaranteed for first 50 pre-entries across all events

Entry fee: \$25 for adults and \$15 for Students up to 17. The kids fun run is \$10  
 Please - **one participant per registration form** – write clearly

Circle one

Name: \_\_\_\_\_ Email address: \_\_\_\_\_ M F X

Address: \_\_\_\_\_ Date of Birth \_\_\_\_\_

Circle shirt size: SM MED LG X-LG Circle event: RUN or WALK and Virtual 5k | Virtual 10km | 10k | 5k | Kids Run

Donation amt. \_\_\_\_\_ (to DEHV) Total \_\_\_\_\_ **MAKE CHECKS PAYABLE TO: Bold Coast Runners**

**MAIL TO: COBSCOOK BAY 10K c/o Eric Mauricette 32 Independence Ave, Baileyville, ME 04694**

**Entry Release** know that running in an event that is organized as a virtual activity where I run on my own, at a date and time of my choosing, in a location and running route of my choosing, which will not have any support or security measures in place by Cobscook Bay Road Races, Bold Coast Runners or Down East Hospice Volunteers is a potentially hazardous activity, which could result in injury or death. I acknowledge that I am participating in the activity outlined by this virtual event by my own free will and at my own personal risk. I will not participate in a virtual event unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I further agree to abide by the Center for Disease Control (CDC)'s recommendations for the prevention of the spread of COVID-19 and attest to having read the CDC's guidance at: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>. I attest that if my community has a shelter in place order, that I will only participate in the virtual event by using a personal treadmill, and I will not run outside in the community during the duration of a shelter in place order. I agree to follow all pedestrian safety ordinances including running on a sidewalk where available and not in the road. I agree to follow the rules of the road if no sidewalk or multi-use trail is available and I will run against oncoming traffic and not with traffic.

I agree to abide by any decision of a race official relative to any aspect of my participation in this virtual event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I having read the rules of the virtual race scheduled between April 15 and June 1 including the terms in this waiver, the timeline of the virtual event, and agree to abide by them. I assume all risks to me associated with running on my own as part of this virtual activity, including but not limited to: falls, contact with other pedestrians, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road or trail, all such risks being known or unknown and appreciated by me when out running on my own without any type of support from local officials or event organizers. Having read this waiver and knowing 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 Cobscook Bay Road Races, Bold Coast Runners and Down East Hospice Volunteers, the town of Pembroke, Maine, and the Road Runners Club of America, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this virtual event, and waive my ability to bring any legal action against the entities outlined in this waiver as I am voluntarily electing to run on my own as part of this virtual event. I grant permission to all of the foregoing to use my photographs which I may share online as part of the event, personal data provided during registration and post-event reporting, video or audio recordings, or any other record of this event for any legitimate purpose. I understand that this event does not provide for refunds in the event of a cancellation, and by signing this waiver, I consent that I am not entitled to a refund if the event is cancelled before or during the event.

Runner's Signature \_\_\_\_\_ Parent's Signature (if under 18) \_\_\_\_\_



## 30<sup>th</sup> Cobscook Bay Virtual Challenge 2021 Special Instructions



Co-hosted by Bold Coast Runners  
[www.boldcoastrunners.org](http://www.boldcoastrunners.org)

Here are easy to follow steps to complete the challenge!

### 1. Register –

- a. Register and mail by June 3<sup>rd</sup>
- b. fill the form out completely and neatly.

### 2. Run or walk 3.1 miles or 6.2 miles

- a. your neighborhood, park or wherever convenient and safe for you!
- b. Follow social distancing protocol, State of Maine and CDC guidelines.

### 3. Submit your Results

- a. via email to [boldcoastrunners@gmail.com](mailto:boldcoastrunners@gmail.com) or on [runsignup.com/cobscookraces](https://runsignup.com/cobscookraces)
- b. Submit results between May 22 and June 5.
- c. Official Results will be posted to [cobscookbayroadraces.org](http://cobscookbayroadraces.org) on June 6

### 4. Celebrate your finish!

- a. with a picture and share it with us on Facebook [@cobscookbayroadraces](https://www.facebook.com/cobscookbayroadraces)
- b. or by email to [boldcoastrunners@gmail.com](mailto:boldcoastrunners@gmail.com)



**Bold Coast Runners** are a welcoming, encouraging and supportive group of crazy people who run the roads and trails of way Downeast Maine, the Canadian Borderlands, and beyond. We welcome everyone, from beginners to old-timers and from tortoises to hares. We generally run every Sunday somewhere here in Downeast Maine. **If interested in joining the club visit [boldcoastrunners.org](http://boldcoastrunners.org)**

*Questions/Comments??*

*Contact Race Director*

*Eric Mauricette*

*Bold Coast Runners*

*[boldcoastrunners@gmail.com](mailto:boldcoastrunners@gmail.com)*