



FLEET FEET
Sports
MAINE RUNNING



30th Peaks Island 5-Mile Road Race and Lions Club Lobster Bake

Saturday, July 29, 2017

Peaks Island, ME Time: 10:30 a.m.

- **Location:** Peaks Island Lions Club
- **Race sponsors:** Maine Track Club, Peaks Island Lions Club, Casco Bay Island Transit District, Shipyard Brewing, The Inn on Peaks Island
- **Race director:** John Pearson 207-831-0611, peaksislandroadrace@gmail.com

• **Ferry service to island:** Ferries leave for Peaks Island from Portland at the following times on race day: 5:45 a.m., 6:45, 7:45, 8:30 and 9:15. Call Casco Bay Lines for more information, (207) 774-7871

• **Entry fee:** Preregistration, \$17; Race day, \$20; Kids' race, \$5 (Proceeds go to benefit the many community projects performed by the Peaks Island Lions Club, and to projects sponsored by the Maine Track Club and Peaks Island School)

• **T-shirts:** First 200 who register for 5-mile race

• **Kids' 1K:** Starts at 10:15 a.m. All finishers receive medal at finish line (no t-shirts)

• **Awards:** Top 3 males and females in following categories -- Overall, 14-19 years old, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Register online at www.mainetrackclub.com

Peaks Island Road Race Entry Form

Name: _____ **Age:** ____ **DOB:** _____ **Sex:** ____

Address: _____ **City:** _____

State: _____ **Zip:** _____ **Telephone:** _____

T-shirt size: S ☐ M ☐ L ☐ XL ☐

E-mail: _____

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 assume all risks associated with running this event, including, but not limited to: falls, contact with other participants, the effects of the weather, including heat and/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 Maine Track Club, Peaks Island Lions Club and the Casco Bay Island Transit Authority and all 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.

NO REFUNDS, EXCHANGES or TRANSFERS

NO DOGS ON LIONS CLUB PROPERTY

Signature: _____ **Date:** _____

Parent/Guardian signature if under 18 years of age: _____

Lobster Bake Menu

Meal	Price	# of meals	Total
Lobster	\$36		\$
Steak	\$30		\$
Chicken	\$23		\$
Vegetarian	\$16		\$
Children	\$7		\$
Total			\$

All meals must be purchased by Tuesday, July 25. Meals will not be sold on race day.

Make check payable to:

**Peaks Island Road Race
24 Elmwood Rd.
Cape Elizabeth ME 04107**