

POND COVE 5K CHALLENGE REGISTRATION FORM

SUNDAY, JUNE 6, 2010

PAYMENT INFORMATION: 5K/ \$15.00 1M/ \$10.00 FAMILY RATE/ \$50.00 CE TEACHERS/STAFF/ FREE

REGISTRANT NAME	ADDRESS	EMAIL	5K/1M	M/F	AGE	GRADE	TSHIRT SIZE	AMOUNT DUE
TOTAL DUE								

**CHECKS PAYABLE TO PCPA C/O LINDA STRUNK- 6 TIDES EDGE RD. CAPE ELIZABETH, ME 04107
OR DROP OFF AT POND COVE SCHOOL OFFICE**

TSHIRT GUARANTEED ONLY IF REGISTERED BY JUNE 1ST/ RACE DAY REGISTRATION \$18.00

Questions: Linda Strunk 767-4195 lstrunk@maine.rr.com, or Sue Guthrie 741-2452 sguthrie7@myfairpoint.net



**SPAGHETTI DINNER
SATURDAY, JUNE 5TH**

5:30pm – 7:30 pm
\$5.00 per person
 Pay at the door
 # attending _____

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 below if you agree to the terms listed above. If under 18, a parent must initial for you.
