

# POND COVE 5K CHALLENGE REGISTRATION FORM

## SUNDAY, JUNE 5, 2011

**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
<b>TOTAL DUE</b>								

**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 1<sup>ST</sup>/ RACE DAY REGISTRATION \$18.00**

**Questions:** Linda Strunk 767-4195 [lstrunk@maine.rr.com](mailto:lstrunk@maine.rr.com)



**SPAGHETTI DINNER  
SATURDAY, JUNE 4<sup>TH</sup>**

**5:30pm – 7:00 pm**

\$5.00 per person / \$15.00 for a Family

(5 & Under Free)

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.**

\_\_\_\_\_