

SANFORD-SPRINGVALE 10 MILER

Sponsored by **BERGERON'S SHOES**

When: Saturday, September 6, 2014 5:30 p.m.

Where: Nason Community Center (Registration, Finish & Post-Race Festivities)
357 Main Street Springvale, Maine

Times: Race Day Registration: 4:00 p.m. to 5:00 p.m.
Race starts @ 5:30 p.m. Tech t-shirts for the first 150 registrants

Cost: \$35 through September 5th \$40 on Race Day

Benefits: Sanford Police Department Cadets' Program

Awards: 1st, 2nd & 3rd Overall Male & Female:

New Balance Running Shoes & Mug

1st, 2nd & 3rd Male & Female by Age Group: Mug

Age Groups: (u-19) (20-24) (25-29) (30-34) (35-39) (40-44) (45-49) (50-54) (55-59) (60-64) (65-69) (70+)

**Registration Form - Online at www.sanfordmaine.org or Mail Form with Payment to:
Sanford Parks & Recreation, Attn: Marcel Blouin, 919 Main St., Sanford, ME 04073
FMI Tel: 207-324-9130 Email: mdblouin@sanfordmaine.org**

Name: _____ Age (on Race Day): _____ Gender: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Email Address: _____ Tel: _____

Adult Shirt Size: ___S ___M ___L ___XL

WAIVER: In consideration of the acceptance of this entry in the Sanford-Springvale 10 Miler to be held on September 6, 2014, I, the undersigned (or we if the registrant is a minor under the age of 18 years) participant, parent or guardian, intending to be legally bound, do hereby for ourselves and our heirs, executors and administrators, waive, release and forever discharge any and all rights or claims for damages which we may have now or in the future against any and all persons, organizations and legal entities affiliated with this race, including the officials, agents and representatives of and including the City of Sanford and Village of Springvale, for any all damages which may be sustained or suffered by us in connection with participating in or traveling to/from said event. I/we hereby agree to give full and exclusive rights to record or photograph my performance in said race without compensation for the use of the race director(s) and/or sponsor(s). I/WE UNDERSTAND THAT THIS IS AN ARDUOUS ATHLETIC EVENT AND HEREBY CERTIFY THAT I AM PROPERLY CONDITIONED TO PARTICIPATE.

Registrant (or Parent/Guardian): _____ Date: _____