



Robin's Run!
The Lamoine Four Miler
Saturday OCTOBER 5, 2019
Lamoine, Maine

Kicking off our year-long celebration of Lamoine's 150th Birthday, the town is sponsoring a four-mile race on the "home course" of Robin Emery followed by a community barbecue. Racers and walkers will get an up-close look at where Robin began her illustrious career as "the first lady of Maine distance running"!

- Prizes for top two male and female finishers in each age group
- Race shirts available for purchase
- Join us for lunch with the whole community afterwards!!!

Start Times: 9:00 Walkers (5K or 4 miles)
9:30 Runners (4 miles)
9:45 Kids' Runners (5K)
10:00 Small Fry Scuttle (under age 6, on school field)

Course: Start just east of the Lamoine School, eastward on Rte 184, right on the Shore Road, right on Rte 184 to finish at the school.

Directions to the Lamoine School: Follow Route 1 through Ellsworth. Turn right on Route 184. The Lamoine School is about 5 miles down 184.

Questions and information: Contact Robin at 667 9219 or Gordon at 667 2382 See also "Lamoine150!" on Facebook & lamoine-me.gov

TO REGISTER: 1. On site OR 2. *Detach* p. 2 (bring or mail with check) OR 3. *Download, print* p. 2 (bring or mail with check)

Robin's Run! Lamoine 4-Miler RACE REGISTRATION
(Not necessary for little kids' Small Fry Scuttle)

Name _____

___ Male ___ Female Age _____

Address: _____

Phone: _____ or _____

Email: _____

- ___ 4 Miler Run/Walk & Barbecue (\$15)
- ___ 4 Miler Run/Walk Only (\$10)
- ___ Kids' Run (\$3)

Waiver (required): I know that running a road race is a potentially dangerous activity. I should not enter and run 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 runners, the effects of weather, traffic and the conditions of the road, all such risks being known and appreciated by me.

Having read this waiver and knowing these facts and in consideration of accepting my entry, I waive and release the Lamoine 150! Committee, the Town of Lamoine and all sponsors for all claims or liabilities of any kind arising out of my participation in this event.

Signature _____ Date: _____
(Participant or Parent of Participant under age 18)

Please send entry form and check payable to "Lamoine 150!" to:

Robin's Run
Town of Lamoine
606 Douglas Highway
Lamoine, Maine 04605

