



*3rd Annual*

# 1/2 Marathon 5K Run-or-Walk

*to benefit:* **Mid-Maine Homeless Shelter**

*when:* **Sunday, July 8, 2012**

*race start time:* **8:00 a.m.**

*start & finish:* **46 FirstPark Drive, Oakland, ME**

**Directions:** From I-95 take Exit 127, turn West on Kennedy Memorial Drive (Route 137), turn North on FirstPark Drive (the first right after Aubuchon Hardware), PFBF is first building on left (red brick). Ample parking. Port-o-lets available.

**Early Bird Registration** (prior to June 8) **1/2 Marathon: \$35 / 5K Run/Walk: \$30**  
**Standard Registration** (after June 8) **1/2 Marathon: \$45 / 5K Run/Walk: \$35**

Registration available Saturday, July 7, 4:00-6:00 p.m.

Same day registration begins at 7:00 a.m.

**Free T-Shirt to first 100 paid registrations**

**Register Online...** [www.pfbf.com](http://www.pfbf.com)

**Register by Mail...**

Complete this form and mail along with check payable to: **PFBF, CPAs**  
Attn: Race Director  
46 FirstPark Drive  
Oakland, ME 04963

Name: \_\_\_\_\_ email: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Circle Event: **1/2 Marathon** **5K Run** **5K Walk**

Circle Gender: **M** **F** Age: \_\_\_\_\_ Circle T-Shirt Size: **S** **M** **L** **XL**

I know that running is a potentially hazardous activity. I should not enter or run this event 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 in this race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release PFBF, CPAs, Mid-Maine Homeless Shelter, city or town officials, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Visit the Marathon link for more info...** [www.pfbf.com](http://www.pfbf.com)