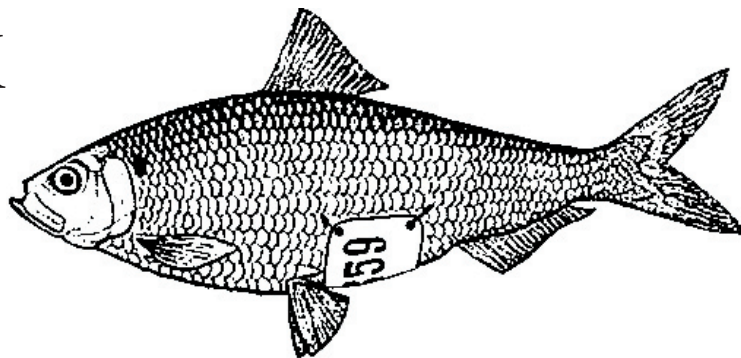


The Alewife Run 5K

Waldoboro, Maine

Saturday, May 16th 2009

9:00 AM



A moderately hilly 5K (3.1mi) roadrace through downtown Waldoboro, Maine with views of the Medomak River to celebrate the Alewife spawning run and support local restoration efforts.

In addition to FREE POST-RACE MASSAGES for all participants compliments of Cole Care Massage (weather permitting), awards will be given to the top two overall male and female finishers as well as the top finisher in each age category.

Where: Start, finish, race day registration, and number pick-up will be in the parking lot behind the Narrows Tavern (15 Friendship St., Waldoboro). In the case of rain, registration and number pick-up will be at the Medomak Valley Land Trust (25 Friendship St.).

Nonrefundable entry fee (includes T-shirt):

Postmarked by May 9th: \$15; after May 9th: \$20

*Sign up to help count Alewives for a two hour shift and receive a \$5.00 discount!

Please make checks payable to "Quebec-Labrador Foundation, Inc."

Questions?

Contact Amanda LaBelle

832-8109 / alabelle@qlf.org

Entry Form

Mail registration and entry fee to:

Quebec-Labrador Foundation, PO Box 335, Waldoboro, ME 04572

Name: _____

Male Female

Address: _____

Entry fee:

Town: _____ State: _____ Zip: _____

Postmarked by May 9 \$15

Telephone: _____ Email: _____

After May 9 \$20

Age on Race Day: _____ T-shirt Size: S M L XL

Alewife count volunteer -\$5

Waiver

I know that running a road race is a potentially hazardous 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 participants, the effect of weather (including wind, rain, and snow), traffic, and conditions of the road, in consideration of your accepting my entry. I for myself and anyone entitled to act on my behalf, waive, release, discharge, covenant not to sue, indemnify and hold harmless the Quebec-Labrador Foundation, Medomak Valley Land Trust, the Town of Waldoboro, and all sponsors, officials, and successors from and against all actions, suits, liabilities, claims, demands, costs (including legal fees and expenses) or damages arising out of my participation in this event, whether the result of negligence of any of the forgoing parties or otherwise. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Signature (Parent's signature if runner is under 18)

Date