



HARBOR HOUSE PRESENTS...

THE FLAMINGO 4-MILER AND FUN RUN!

July 11, 2010

(Formerly known as the Tremont Trot)



In the great tradition of the Tremont Trot, this 4 mile race is part of the Eden Athletics – Jack Russell’s Steak House Points Series. This scenic race runs through part of Acadia National Park and ends at the Tremont Community Center. It is open to all male and female runners ages 13 & up. Walkers are welcome to participate. Immediately following the race there will be a free Fun Run for kids 12 & under. All Fun Run participants will receive an award. Check in time begins at 7 a.m. at the Tremont Community Center on Sunday July 11, 2010. A shuttle bus will transport walkers to the start at the Seawall picnic area at 7:30 and they will start at 8:00. Runners will be transported to the start at 8:00 and will begin at 8:30. **Wearing PINK is encouraged! T-shirts to the first 25 runners! Registration is \$15.00**

Race Day registration will be held at the Tremont Community Center. **ALL RUNNERS MUST CHECK IN EVEN IF THEY ARE PRE- REGISTERED.**

If you have any questions contact: Suzanne Bracy, Race Director at 244-3713 X101 suzanne@harborhousemdi.org or Diana Novella, Events Manager at 244-3713 X102 diana@harborhousemdi.org

NAME _____ PHONE# _____ AGE _____ SEX _____

EMAIL _____ ADDRESS _____

EMERGENCY CONTACT _____ PLEASE CHECK ONE: I WILL BE

Circle method of payment: Visa Mastercard Cash/Check Check# _____ WALKING _____ RUNNING _____

Name on card: _____ Card # _____

Expiration date _____ Amount _____

Fun Run Participant Name _____ Age _____

TOTAL AMOUNT DUE TO HARBOR HOUSE: \$ _____

YES I WOULD LIKE TO MAKE AN ADDITIONAL CONTRIBUTION TO HARBOR HOUSE: \$ _____

TOTAL AMOUNT DUE TO HARBOR HOUSE: \$ _____

I know that participating in a road race is a potentially hazardous activity. I certify that I am medically able and properly trained to participate in this race. I agree to abide by any decision of a race official relative to my ability to safely complete this event. I assume all risks and hazards associated with this event. Having read this waiver and knowing these facts and considerations of you accepting my application, I, for myself release Harbor House, Eden Athletics, Jack Russell’s Steak House, The Town of Tremont, Acadia National Park, The Town of Southwest Harbor, all sponsors, their representatives from any and all claims or liabilities of any kind, arising out of my participation in this event.

X _____ X _____

Signature _____ Parent’s signature if under 18 _____

PLEASE SEND ENRTY TO: HARBOR HOUSE P.O.BOX 836 SOUTHWEST HARBOR, MAINE 04679 ATTN. DIANA NOVELLA or SUZANNE BRACY