

Please Join Us!

2nd Annual Westbrook Wellness 5k Run/Walk

When: Sunday, June 5th @ 8am

Where: Saccarappa Falls Park

(Registration begins at 7am.)



How to Register:

Go to: www.westbrookschoools.org

Or contact: hales@westbrookschoools.org

Or call: 854-0810 (x561)

You may also register the day of the race!

There is no registration fee! Just bring non-perishable food items to donate to the Westbrook Food Pant

Westbrook Wellness 5K Fun Run/Walk

Sunday, June 5, 2011 (RAIN OR SHINE!)

START & FINISH:

SACCARAPPA FALLS PARK, MAIN STREET, WESTBROOK

STARTING TIME 8:00 am

(All children under 14 must be accompanied by an adult;
all youth under 18 need parent/guardian permission.)

-To Benefit the Westbrook Food Pantry and Resource Center-
Coordinated by the Westbrook School Department Wellness Team

+ REGISTRATION BEGINS AT 7:00 A.M.

+ NO REGISTRATION FEE BUT PARTICIPANTS MUST BRING FOOD DONATION
FOR WESTBROOK FOOD PANTRY TO QUALIFY FOR EVENT.

+ Prizes for top male and female finisher in each of the following age groups: Age 12 and
under; 13- 18; 19-29; 30-39; 40-49; 50-59; 60+

+ First 150 to register will receive a sports pack.

•Please clip and mail or email registration form by May 25 or register morning of race:

Sandra Hale, School Health Coordinator;
Westbrook School Department; 117 Stroudwater Street; Westbrook, ME 04092
Email: hales@westbrookschoools.org

Name (PLEASE PRINT): _____

Telephone: _____ Email: _____

Address: _____

Walker or Runner? _____ Age: _____ Sex: _____

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 in this event including, but not limited to: falls, contact with other participants, the effects of weather, including high heat and or humidity, traffic and the condition of 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 the Westbrook School Department., City or Town officials of Westbrook 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 (Self or as a Parent /Guardian):
