



Town of York Inc. 1652

York Rotary in conjunction with York Parks & Recreation Department presents . . .

The Thirty-First Annual

FOUR ON THE 4TH



Date: Sunday, July 4, 2010
Start at: York High School, York, ME
8:00 a.m. 4 Mile USATF – Certified Road Race
 1 Mile FUN RUN immediately following 4 mile race
Entry Fee: \$15.00 pre-registration/\$20.00 Race Day
Info: Registration opens at 6:00 a.m. and closes 15 minutes before each race begins.
 T-Shirts to the first 450 Running Registrants Overall!
 Visit our website at www.yorkmaine.org
 Limited to 1,000 runners.

DIRECTIONS TO YORK HIGH SCHOOL

From I-95: take the York Exit, bear right at the lights onto Route 1. Travel to the top of the hill and take a left at the lights onto Route 1A. Travel one mile to the monument and bear left. Travel six-tenths of a mile and turn right onto Long Sands Road. York High School is seven-tenths of a mile on the left.

Cash prizes of \$100 awarded to the overall winners. Medals to division winners. Race includes water, splits, professional chip timing, and Police.

Tee Shirt Size

S M L XL

	12 & Under	13 - 17	18 - 29	30 - 39	40 - 49	50 - 54	55 - 59	60 - 64	65 - 69	70 & Over	Walking	Wheelchair	Fun Run
MEN	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WOMEN	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

FOUR ON THE 4TH

Registration Form - Please Print Clearly

Name: _____

Address: _____

Town: _____ State: _____ Zip: _____

Sex: _____ Age: _____ Telephone: _____

Email Address: _____

Make checks payable to:

YORK ROTARY CLUB

Mail Application to:
 York Parks & Recreation Department
 186 York St., York, ME 03909

For information, call the York Parks & Recreation Department at 363-1040,

WAIVER *must be signed

In signing this entry, I for myself, my heirs, executors and administrators, release the manager of the race, all sponsors and promoters, the Town of York, for any and all liability in case of death or injury received during participation in this race. In the case of a minor, this entry must be signed by a parent or guardian of entrant.

Signature _____

Parent/Guardian _____