



York Parks and Recreation Department Presents . . . THE TWENTY-EIGHTH ANNUAL



AMIDON FAMILY DENTISTRY

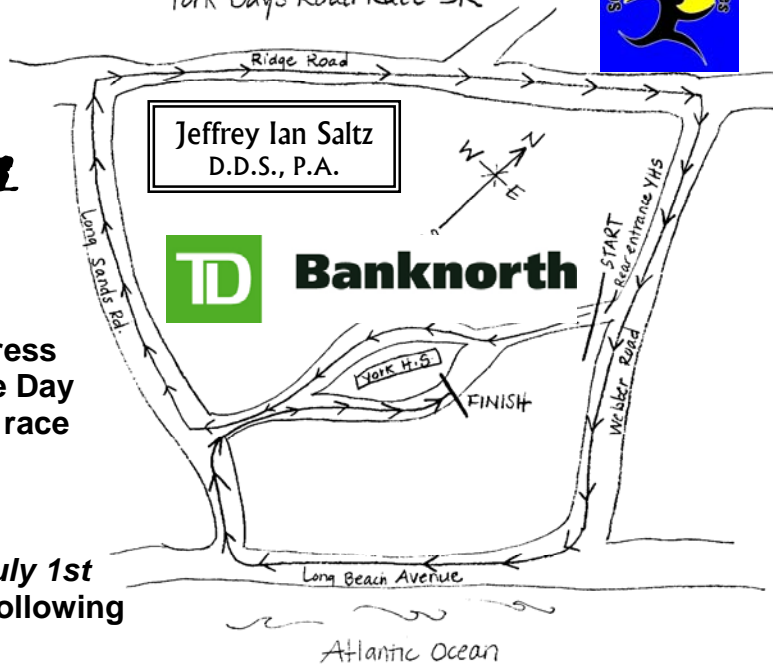
# YORK DAYS

## ROADRACE

York Days Road Race 5K



**Date:** Sunday, July 31, 2011  
**Time:** 8:00 a.m.  
**Location:** York High School, York, ME  
**Course:** 5K Certified by the Athletics Congress  
**Entry Fee:** \$20.00 pre registration/\$25.00 Race Day  
**Info:** Registration opens at 6:00 a.m. on race day and closes at 7:45 a.m.  
 Race starts at 8:00 a.m.  
 Limited to 1,000 runners  
 T-shirts to anyone registered by July 1st  
 12 & Under Fun Run immediately following  
 \$5.00 per child



**PRE-REGISTRATION DEADLINE IS JULY 27<sup>TH</sup>**

**ANYONE WANTING TO REGISTER AFTER THAT MUST REGISTER ON RACE DAY.**

### DIRECTIONS TO YORK HIGH SCHOOL

From I-95: take the York Exit, bear right at the lights onto Rte. 1. Travel to the top of a hill and take a left at the lights onto Rte 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.

**Prizes awarded to all division winners. Race includes water, Mile markers, professional chip timing, police and ambulance.**

**PROCEEDS BENEFIT YORK PARKS & RECREATION YOUTH PROGRAMS**

**NO DOGS PLEASE** for their safety and ours



### Road Race Division

	12 & Under	13 - 17	18 - 29	30 - 39	40 - 49	50 - 54	55 - 59	60 - 64	65 - 69	70 - 79	80 & Up	Rec. Walking	Competitive	Race Walking	Wheelchair	Fun Run
<b>MEN</b>	<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"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>WOMEN</b>	<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"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

(Fun Run \$5 per child – T-shirts to first 30 Kids)

### Tee Shirt Size

S  M  L  XL

**Make checks payable to:**  
York Parks and Recreation

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

**For information on applications,**  
call the York Parks & Recreation  
Department at 363-1040 Mon – Fri  
8:30 a.m. to 4:30 p.m.

## "YORK DAY ROAD RACE" REGISTRATION FORM

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Town: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Sex: \_\_\_\_\_ Age: \_\_\_\_\_ Telephone: \_\_\_\_\_  
 Email Address: \_\_\_\_\_

### 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 \_\_\_\_\_

Visit our WEB SITE [www.yorkmaine.org](http://www.yorkmaine.org)