



To Benefit Crossroads For Women

Sunday July 19, 2009 10:00 AM

Back Cove Trail, Portland, ME

Directions: Go to the Parking Lot at the intersection of Baxter Boulevard and Preble Street.

\$16 pre-entry fee --- \$20 post entry fee

Colorful Raccoon Run T-Shirts to the first 125 entrants

Raccoon Pint Glasses to top 3 Male and Female Overall and top 2 Male & Female in 7 Age Groups

Raffle Prizes Include: Loco Sports Gift Certificates, 3CRP Hats, FuelBelts, RoadID Kits, and more.

Register On Line at <http://www.3CRaceProductions.com/RacePages/RaccoonRun5K.htm>

For more information call (603) 429-8879; go to <http://www.3CRaceProductions.com/RacePages/RaccoonRun5K.htm>

or email: michael@3CRaceProductions.com.

Make check payable to the 3C Race Productions

Mail to: Loco Moose Portland, 160 Amherst Road, Merrimack, NH 03054

Name: _____ Circle Gender: M F Age: _____

Address: _____ Phone: _____

City: _____ State: _____ Zip Code: _____ Email: _____

Running Club: _____ Circle T-Shirt Size: S M L XL

I know that running is a potentially hazardous activity. I should not enter or run this event 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 race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release 3C Race Productions LLC, Loco Sports, the City of Portland, ME, 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. All fees are nonrefundable.

Signature

Date

Parent's Signature if under 18