



Harbor House 10th Annual 4 mile Tremont Trot

July 21, 2007

4 Mile Run info:

- The race is open to all Male and Female runners 13 years of age and up.
- Check in time begins at 7:00 am., Saturday, July 21, 2007
- The shuttle bus will leave at approximately 8:00 am. from Tremont to the start position.
- The race begins at 8:30 am. at the Seawall Picnic Area.
- Registration is \$15.00 on or before July 18th and \$20.00 the day of the race.
- **Pre-Registration:** can be done by sending registration along with cash or check made payable to: **Harbor House Community Center P.O Box 836 Southwest Harbor, Maine, 04679**, or by signing up at the Harbor House Monday thru Friday 9:00-4:00.
- **Race day registration:** will be held at the **Tremont Community Center Parking Lot**. All runners MUST check in at the Tremont Community Center at 7am on race day, even if they are pre-registered. **Do not go to the starting line first.** The first **50 runners** registered will receive a T-shirt. Parking is available at the Tremont Community Center.
- **1 Mile Fun Run:** Open to kids **12 and under**. No charge. Immediately following 4 Mile. All fun run participants will receive an award
- **Awards:** 1st, 2nd, 3rd, overall Male/Female. 1st and 2nd Male/Female in following age divisions: 13-19, 20-29, 30-39, 40-49, 50-59, 60+.

***Any questions please contact Dennis at the Harbor House @ 244-9555 or 3713
or e-mail: dennis@harborhousemdi.org ***

Complete the form below and return it to the Harbor House

Last Name _____ First Name _____

Age ____ Sex: ____ Phone _____ Shirt Size: S__ M__ L__ XL__ Youth _____

Mailing Address _____

Street/PO	City	State	Zip
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Permanent Address (if different) _____

E-mail _____

Emergency Contact _____ cell/phone _____

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 the event. I assume all risks and hazards associated with running this event, including, but not limited to falls, contact with other conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and considerations of you accepting my application, I, for myself, and anyone entitled to act on my behalf, waive and release Harbor House, its members and staff, The Town of Tremont and it's assigns, Hancock County, Acadia National Park, their members and staff, all sponsors, The Town of Southwest Harbor and its assigns, all sponsors, their representatives and successors from any and 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 persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature _____ Date _____

Parent/Guardian if under 18 _____ Date _____