

HARBOR HOUSE PRESENTS...

THE FLAMINGO FOUR MILER AND FUN RUN!

July 14, 2013

(Formerly known as the Tremont Trot)



Our 4 mile race is part of the Eden Athletics – Jack Russell's Steak House Points Series. This scenic race runs through part of Acadia National Park and ends at the Tremont Community Center. It is open to all male and female runners ages 13 & up. Walkers are welcome to join this event. Immediately following the race is a **free** Fun Run for kids 12 & under. All Fun Run participants will receive an award. Registration begins at 7 a.m. at the Tremont Community Center on Sunday July 14, 2013. A bus will transport participants to the starting line at the Seawall Campground for an 8:30 am start.

Registration is \$15.00 by July 10, then \$20. Mail to Harbor House Community Center, PO Box 836, Southwest Harbor, ME 04679 or register online at www.runreg.com

Please contact Lisa Tweedie, Race Director at 207-244-9555/lisa@harborhousemdi.org or Diana Novella, Events Manager, at 207-244-3713 with questions.

NAME _____ PHONE# _____ AGE _____ SEX _____

EMAIL _____ ADDRESS _____

EMERGENCY CONTACT _____ PLEASE CHECK ONE: I WILL BE

Circle method of payment: Visa Mastercard Cash/Check Check# _____ WALKING _____ RUNNING _____

Name on card: _____ Card # _____

Expiration date: _____ Amount: _____

Fun Run Participant Name _____ Age _____

TOTAL AMOUNT DUE TO HARBOR HOUSE FLAMINGO FOUR MILER: \$ _____

YES I WOULD LIKE TO MAKE AN ADDITIONAL CONTRIBUTION TO HARBOR HOUSE: \$ _____

TOTAL AMOUNT DUE TO HARBOR HOUSE: \$ _____

I know that participating in a road race is 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 this event. I assume all risks and hazards associated to this event. Having read this waiver and knowing these facts and considerations of you accepting my application, I, for myself release Harbor House, Eden Athletics, Jack Russell's Steak House, The Town of Tremont, Acadia National Park, The Town of Southwest Harbor, all sponsors, their representatives from any and all claims or liabilities of any kind, arising out of my participation in this event.

X _____ X _____

Parents signature if under 18

PLEASE SEND ENRTY TO: HARBOR HOUSE P.O.BOX 836 SOUTHWEST HARBOR, MAINE 04679 ATTN. DIANA NOVELLA or LISA TWEEDIE