

Set the Pace 5K Race
Benefiting the Little Field Home
c/o Reade & Martha Brower
8 N. Main St., #301
Rockland, ME 04841

To:

- **RAFFLES**
- **GIVEAWAYS**

including the Almost-Million Dollar Giveaway (all Runners & Opt-Outs automatically entered)

- **AWARDS** “Best Dressed” & “Less Dressed” Prizes, “Middle of the Pack” Award

- **FOOD**
- **CASH BAR**

Challenge yourself & help out the children of Little Field Home

Want to Run a Marathon in 2010 with “Team Little Field Home”?

LAST CALL

- ◆ New Orleans Mardi Gras Marathon & Half Marathon

— 2 slots left Run is February 28th, 2010

FIRST CALL

- ◆ Sugarloaf Marathon, 15K Run, May 2010
- ◆ Vermont Marathon, May 2010

— 12 slots available

“Best Resolution for 2010” Contest

Fill out your New Year’s Resoluton below. Our Expert panel will judge the best resolutions for 2010 and you ll get a treasure if you win.

2010 Resolution: (must be present at awards ceremony to get the prize)

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.....
.....

Name



Supporting the Little Field Home

An orphanage in Chigamba village, Malawi.
Visit www.littlefieldhome.org to learn more

SET THE PACE 5K Run January 1st, 2010 Camden, Maine

The run starts and ends at
The Smokestack Grill
43 Mechanic Street



Registration begins at 11:11 am
Race begins at 12:12 pm

- ◆ Guaranteed fun for all participants!
- ◆ A fast course (with a couple of challenging hills early) with a guaranteed Personal Record for 2010.
- ◆ The first place runners will be crowned King & Queen and will hold the “Fastest 5K in Maine 2010 title” until dethroned.
- ◆ More surprises and a great party afterwards!
- ◆ Surprise “hot” treat for all participants.
- ◆ Cash bar and food available after the race.



CATEGORIES

Please check those age categories that apply

- Male Female
- In Utero Less than 0 Division
- 0-10 Stroller Division
- 11-15 Youngster Division
- 15-19 Young Adult Division
- 20-29 Younger Than Me Division
- 30-39 Mature Division
- 40-49 Still Younger Than Me Division
- 50-59 Middle Age Division It's my race & I decide what's middle
- 60-69 Young at ♥ Division
- 70-79 Middle-Middle Age
- 80+ Elder Division
- With Dog Division
- Newbie — 1st Race Ever

UNIQUE CATEGORIES

In Utero Division: If you're pregnant, bring your "baby to be" across the finish line with you.

0-10 "Stroller Division" : for those 0-10 year olds to share with their adult pushers.

"With Dog" Division: Only well-behaved dogs who like people and other dogs PLEASE.

THE OPT-OUT RUNNERS' PROGRAM

Make a donation and designate a runner to be your proxy. Your name will appear under your designated runner with their time, or if you prefer, you will be listed at the end of the runners list as a supporter.

PRE-REGISTRATION & MINIMUM DONATION

Opt-Out	\$12
Single runner	\$12
Couple	\$20
Family – 3	\$25
Family – 4	\$30

DAY OF RACE REGISTRATION

Single Runner	\$15
Couple	\$25
Family	\$35

REGISTER ONLINE:

www.active.com/running/camden-me/set-the-pace-5k-2010

WALKERS WELCOMED

Come one, come all.

We encourage all people young and old to come out and start the new year on positive note. Bring the stroller, the well behaved dog and enjoy the brisk air as you walk through the streets of Camden.

Walkers may start when they register,

Make checks out to: **Little Field Home**

Race Registration Form SET THE PACE 5K RUN

Runner Walker

Name _____

Address _____

City _____ State _____ Zip _____

Phone: (Home) _____ (Work) _____

E-mail _____

Male Female Date of Birth _____

Age on Race Day _____

WAIVER/RELEASE - Signature Required

I hereby certify the following: (1) I am physically fit and have received medical clearance to participate in the Set the Pace 5K Race. (2) In consideration for my application to participate in Set the Pace 5K Race, I, on behalf of myself, my heirs and assigns, and my estate, hereby waive and forever discharge the sponsors, organizers, affiliates, as well as their agents and employees from any and all claims that may accrue as the result of my participation, and (3) I hereby grant specific permission to reproduce, publish, circulate, copyright or otherwise use any and all photographs and/or video of me and/or my family, taken at the Set the Pace 5K Race.

Participant's Signature _____

Date _____

Opt-Out Participants SET THE PACE 5K RUN

Name _____

Designated Runner _____

Your name will appear under your designated runner;

I would prefer to be listed after all runners as a supporter.

Donation Amount _____

Make checks out to: **Little Field Home**

Send check and registration form to:

Reade Brower
c/o Free Press, 8 N. Main St. #301
Rockland, ME 04841

E-mail questions to: reade@freepressonline.com
or call 207-691-3510

