



You were made for this.™



THE CASCO BAY 21K

Half Marathon & Relay Race

Saturday, May 14, 2016

- ★ **OPEN RELAY:** Create your own team!
- ★ Divide up the distance however you want.
- ★ All proceeds go towards supporting Young Life Casco Bay, and their work with kids in our community!



- ★ Support our local youth AND launch your Spring fitness with a rockin' 13.1 mile run from Portland to Freeport along the shores of Casco Bay!
- ★ OPEN RELAY: no relay exchange points - we trust you to do it the right way!
- ★ Start @ 9:00AM in Portland's Payson Park. Run along Rt. 88. End on Rt. 1 in Freeport.
- ★ **Cost: \$65/person (Early - By: 4/30/16) or \$75/person (Late - After: 4/30/16)**
\$130/relay team (Early - By: 4/30/16) or \$150/relay team (Late - After: 4/30/16).
- ★ Includes t-shirt, awesome finish line experience, and gift bag full of goodies.
- ★ **Official timing and results. Awards for best times AND best outfits!**

FMI: www.younglifecb.com / 805.453.1999 / jordandroge@gmail.com

The Casco Bay 21K

Proceeds to benefit Young Life Casco Bay

Name: _____ City/State: _____

Male Female Age on Race Day: _____ E-mail: _____
(Circle)

Relay Team Name (If running race as a Relay Team): _____

T-shirt (Adult Sizes): S M L XL Phone: _____
(Circle)

Waiver: I hereby agree to release, discharge, indemnify and hold Young Life, Young Life Casco Bay, Run In A Race and any of their agents, employees and volunteers harmless from any liability claims, demands, costs or charges arising out of the said program which I, or my participating child may sustain during the said event. I also understand photos of participation may be used for promotional purposes, I have read this document carefully and signed it voluntarily with full knowledge of its significance.

Signature: _____ Date: _____
(Parent or Guardian if under 18)



On-line registration: www.runinarace.com

OR

Mail-in the above form to:

Young Life Casco Bay / P.O. Box 11156 / Portland / ME / 04104

Make checks payable to: "Young Life"

Upon completion/submission of your registration (whether on-line or mail-in), you will receive a confirmation e-mail with race details and other important information.

*****Please be advised that if the event is cancelled due to weather, there will be NO REFUND of your registration fee.*****

F.M.I. about Young Life Casco Bay or *The Casco Bay 21K*, please visit:
www.younglifecb.com