



Run In A Race . com

### Weekly Wednesday Race Dates:

May 17, May 24, May 31, June 7, June 14, June 21, June 28

**Run once, twice or all seven. This weekly series is to help you gauge your weekly fitness level. Come run for the challenge, comradery, and fun. Water is provided after each race. This is a very runner friendly environment. Each race will happen rain or shine.**

Location: Pownal Road Field, Freeport

Register on-line at [RunInARace.com](http://RunInARace.com)  
or

Race Day from 5:00 -5:45

Registration Fee: \$20

This is a one time fee to cover the cost of your Bib/Chip. You will need to wear the same Bib for every race. Replacement Bibs will be available for \$5.

# Run In A Race

## 3rd Annual Series Event

### Weekly 5K Trail Run in Freeport, Maine!

Races will be held on Wednesdays at 6 p.m. beginning May 17th for seven weeks. Register once and run as many weeks as you like.

A portion of the proceeds will be used to maintain the FHS cross-country trails. Currently the trails are maintained by the Freeport Running Boosters and Coach Brian Berkemeyer.

## Prizes

Runners of 4 or more races will be available for series prizes. Total Scores will be tabulated by taking the average of the best finish places in 4 races. Overall Male and Female will earn a Run In A Race Running Bag. Winners of the male and female age groups will win a Run In A Race running hat! 13&under, 14-16, 17-18, 19-29, 30-39, 40-49, 50-59, 60&above. Winners will be contacted via email.

Run In A Race was established in 2010. The purpose of the company is to offer quality timing at an affordable cost to smaller races throughout the State of Maine. Founder, Brian Berkemeyer, is a life long runner and coach at Freeport High School. He believes that running is not only beneficial to the individual, but to local communities and charitable organizations as well. This weekly series is a celebration for all individuals who appreciate the joy of running. Please join us for 1 or 7 of these runs through the trees and over the bridges at the Freeport XC Trail.

Name: \_\_\_\_\_ City/State: \_\_\_\_\_

Male    Female    Age on May 17th: \_\_\_\_\_ Email: \_\_\_\_\_

Waiver: I hereby agree to release, discharge, indemnify, and hold Run In A Race, RSU5, and their agents and employees 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 my 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)