



# HARBOR HOUSE

## FLAMINGO 4-MILER

Sunday July 14, 2019 8:30am Start time!



Our 4 mile race is part of the Eden Athletics Points Series. This scenic race runs through part of Acadia National Park and ends at the Tremont Community Center. 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 a ribbon. Registration begins at 7 a.m. at the Tremont Community Center on Sunday July 14, 2019. 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 5th, then \$20. First 50 people to register get a free Flamingo themed gift!  
 Mail to Harbor House Community Center, PO Box 836, Southwest Harbor, ME 04679  
 or register online at [www.runreg.com](http://www.runreg.com)

NAME \_\_\_\_\_ PHONE# \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_

EMAIL \_\_\_\_\_ ADDRESS \_\_\_\_\_

EMERGENCY CONTACT \_\_\_\_\_

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, 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