

Orrington 10K

Saturday, May 2, 2009



To benefit the cross country/track programs at Center Drive School

3rd Race in the 2009 Tradewinds Market Place/Sub5 Race Series

Race Information

- 8:00 am Race day registration in gym
- 9:00 am 1 Mile Kids Fun Run & Non-Competitive Adult Jog/Walk
- 9:30 am Orrington 10K Road Race
- 10:30 am Awards Ceremony in Gym

The Orrington 10K and 1 Mile Fun Run will be held at the Center Drive School in Orrington, Maine. The flat and fast 10K follows an out and back course on Center Drive, Johnson Mill Road, and Dow Road. The pre-registration fee is \$12 (\$15 day of the race) for the 10K and \$2 for the fun run. The race features accurate mile marks, water stops, t-shirts to the first 70 registrants in the 10K, awards to all Fun Run finishers, locker rooms with showers, fast computerized results and refreshments. Come join up for this small town race on quiet country roads in the beautiful Maine springtime! Call 207-825-3868 for more information.

Awards & Prizes

10K Age Group Awards: 1-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+ (Top Three M&F)

T-Shirts for the first 70 entrants in 10K

Awards for all Fun Run participants!

Course Records

Rachel Oickle - 40:04 (2002)

Evan Graves - 32:06 (2005)

2008 Champions

Judson Cake 32:16

Kristine Guaraldo 43:02



Send registration form to: Donne Sinderson, 266 Johnson Mill Road, Orrington, ME 04474 Make checks payable to Sub5 Track Club

Race Agreement - By signing below, you understand and agree to the following: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by the decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event including but not limited to, falls, contact with other participants, the effects of weather, traffic, and the conditions of the road, in consideration of your accepting my entry. I for myself and anyone entitled to act on my behalf, waive and release the Sub5 Track Club, the Town of Orrington and their representatives and successors from all claims or liabilities arising out of my participation in this event.

Name (please print): _____ Sex: _____ Age: _____

Address: _____

Phone: _____ Email: _____

Entering 10K (\$12) _____ Circle T-Shirt Size (10K Only) S M L XL Entering 1 Mile Fun Run (\$2) _____

10K Team Name: _____ Team Division (circle): Male Female Open

Unlimited team members may register. Top 3 score by fastest cumulative times. Awards for top Male, Female & Open Teams.

Signature (of parent or guardian if under 18) _____ Date: _____