



21st Annual!



Thank you to our Major Sponsor!



Registration

Begin your July 4th by joining the Friends for our annual road race! Guarantee yourself a **free t-shirt** sporting the Friends' cool "Spotter the Otter" race logo along with a stuffed gift bag by:

1. Registering online at www.watershedfriends.com
- OR
2. **Mailing \$25 and the completed registration form** on the backside of this flyer to:

Friends of the Cobbossee Watershed
 PO Box 206
 East Winthrop, ME 04343

Payment and registration form must be received by 8:00 AM, Tuesday, June 27, 2023 in order to guarantee a T-shirt and gift bag. Online registration is open until 5:00 PM on Monday, July 3, 2023.

Same-day registration, if available, will start at 7:00 AM and end at 7:45 AM on 7/4. Same-day registration is \$35 and does not guarantee a T-shirt.

The Course

Friends on the 4th 5K is a forgiving, feel good race open for all runners, joggers, & walkers. After a loop through downtown Main Street, most of the course follows the beautiful eastern shore of Marancook Lake.

Awards & Other

Men & Women, 1st place awards for the following age groups: 10 & Under, 11-13, 14-16, 17-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, and 80+. Awards, trophies, and other prizes are also provided for the overall M/F winners. Certificates will be presented to all participants 10 years of age & under. Fabulous assortment of food and beverages along with a raffle of gift certificates and items donated by local merchants is provided at the end of the race to all of those who have registered.

Questions?

mail@watershedfriends.com
 207-395-5239

AWARDS FOR TOP WINNERS!

TUESDAY, JULY 4, 2023, 8:00 AM

★ START FROM AMERICAN LEGION, 117 BOWDOIN ST, WINTHROP, ME
Chip Timing!

This event is held to raise funds to:

Protect the lakes, ponds, and streams within the Cobbossee Watershed!
Thank you for joining the Friends in preserving our beautiful lakes!



**Tuesday, July 4, 2023
8:00 AM Start**

**American Legion
117 Bowdoin Street
Winthrop, ME**



MAJOR SPONSOR

Thanks to our sponsors, 100% of your entry fee goes towards protecting the lakes, ponds, and streams of the Cobbossee Watershed through community engagement, conservation, and education.

Gold Sponsors



Silver Sponsors



Bronze Sponsor

American Awards

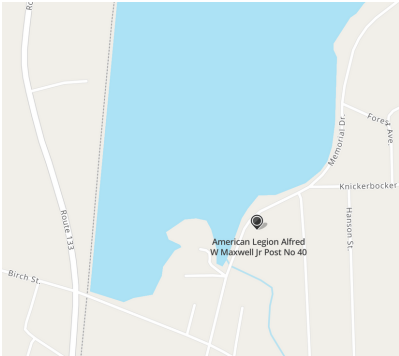


RACE ROUTE - 5K (3.1 miles)

- **START at American Legion**
- Right onto Knickerbocker Road
- Right onto Greenwood Avenue
- Right onto Main Street (run thru town)
- Right onto Rt. 41 / Rt. 133
- Right onto Summer Street
- Left back onto Bowdoin Street
- Continue North on Memorial Drive
- Loop around cones at Leighton Drive, Head back South on Memorial Drive
- **FINISH at Town Beach, across from Legion**

#friendsonthe4th5K

- Maine CDC protocols will be followed
- Goodie bag & T-Shirt
- Pre-Race National Anthem
- Electronic Timing Display at finishline with splits called at miles 1 & 2
- Post-Race Grab & Go refreshments
- Festive après-race music
- Awesome post-race awards & raffle
- Early registration is **HIGHLY** encouraged



Clip Here - Clip Here **ENTRY FORM & WAIVER** or Register Online at watershedfriends.com

I realize that participating in a road race may be a potentially hazardous activity. I assume all risks inherent with participating in this event. I have read this waiver and release the sponsors and representatives from all claims or liabilities arising from my participation in this event. I understand that photos with my likeness may appear in future advertisements.

Name: (print) _____

Address _____

Town _____ **State** _____ **ZIP** _____

Phone: _____ **Email:** _____

Signature: _____

(parent or guardian if under 18)

Sex: M F **Age on 7/4/23:** _____

Please circle T-SHIRT Preference:

XS S M L XL XXL or NONE
(does not change fee)

Choose: Runner (Timed)
 Walker (Not Timed)

Race Fee:

11 & Up with T-Shirt: \$25

10 & Under with T-Shirt: \$15

Additional Donation: _____

Total Enclosed: _____