

21st Annual "Friends on the 4th" 5K

EXTENDED VERSION:

WINTHROP- Start this year's 4th of July with a bang by entering the 21st annual "Friends on the 4th" 5K Run/Jog/Walk. The race is scheduled for Tuesday July 4, 2023 at 8:00 a.m. held in Winthrop, Maine at Norcross Point. The race, with a scenic course that runs along the eastern shore of Maranacook Lake, is open to runners, joggers, and walkers of all ages.

The pre-registration fee is \$25 for 11 years or older and \$15 for 10 years and younger. Payment and registration form must be received by 8:00 am, Tuesday June 27 to guarantee the t-shirt and gift bag. Event day registration is \$35 with no guarantee of a t-shirt and gift bag. Same day registration MAY be available day of the race starting at 7:00 a.m. and ending at 7:45 a.m. at the American Legion on Bowdoin Street in Winthrop. Early registration is highly encouraged!

The Friends would like to send a big Thank-You to this year's sponsors- Major sponsor: Homestead Realty. Gold level sponsors: Maine General Medical Center Sports Medicine, Definitive Brewing Company, G& E Roofing. Silver Sponsors: Lamey Wellehan , JF Scott Construction, Pine Tree Fence, Augusta Fuel Company, Winthrop Plays Outside, Family First Funeral Homes and Cremation Care, The Weathervane Restaurant. Bronze Sponsor: American Awards. All proceeds from registrations support programs offered by the Friends of the Cobbossee Watershed, a 1,000+ member organization whose mission is "protecting the lakes, ponds, and streams of the Cobbossee Watershed through community engagement, conservation and education".

To register, go to the Friends of the Cobbossee Watershed www.watershedfriends.com. For more information, please contact the Friends office at 207-395-5239 or mail@watershedfriends.com.

BRIEF VERSION

WINTHROP- Start this year's 4th of July with a bang by entering the 21st annual "Friends on the 4th" 5K Run/Jog/Walk. The race is scheduled for Tuesday July 4, 2023 at 8:00 a.m. held in Winthrop, Maine at Norcross Point. The race is open to all runners, joggers, and walkers of all ages. Pre-registration fee is \$25 for 11 years or older and \$15 for 10 years and younger. Payment and registration form must be received by 8:00 am, Tuesday June 27 to guarantee a t-shirt and gift bag. Event day registration is \$35 with no guarantee of t-shirt and gift bag. Same day registration MAY be available day of the race starting at 7:00 am and ending at 7:45 at the American Legion on Bowdoin Street in Winthrop. Early registration is highly encouraged!

To register, go to the Friends of the Cobbossee Watershed www.watershedfriends.com. For more information, please contact the Friends office at 207-395-5239 or mail@watershedfriends.com.