

The Great Scot Trot 5k Run/Walk

Sunday, April 2, 2016 at 10 a.m. Children’s Run: 9:30

Bonny Eagle High School, 700 Saco Road, Standish, Maine 04084

All proceeds to benefit Littlefield/Smith Scholarship and the Key Club’s Camp Sunshine Scholarship Fund

~USATF Sanctioned

Race Day Registration, number/shirt pickup: 8:00 a.m. to 9:30 a.m. (front lobby of high school)

5k fee: \$15.00 pre-registered, no t-shirt or \$20.00 pre-registered with shirt.

Race day registration \$25.00

Register Online at: www.RunReg.com/great-scot-trot

Children’s Run (12 & under): FREE with no need to preregister

Family Registration Option: \$40 for family with no shirts given. Please contact Nancy Smith at nancy.smithjewell@gmail.com if you are interested in this option.

Last Name _____ First Name _____

Gender _____ Email address _____

Street Address _____ City/Town _____

State _____ Zip Code _____ Phone Number (_____) _____ Age _____

I do not want a shirt – cost of race is \$15

I do want a shirt- cost is \$20. If you check this option, please indicate T-Shirt Size (**offered to the first 150 pre-registered**). **Please register online at Running4free.com to determine if shirts are still available.**

(Circle one) YL S M L XL XXL

(Check one) ___Run ___Walk ___Children’s Run

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 any 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 the weather, including high heat and/or humidity, traffic, and the conditions of the road; all such risks being known and appreciated by me. Having read this waiver and understanding these facts, and in consideration of you accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release the aforementioned entities.

Signature _____ Date _____

Parent Signature if under 18 _____

Mail registration to (checks payable to “The Great Scot Trot Road Race”)

Nancy Smith, 31 Ardsley Ave, South Portland, ME 04106

Pre-registration deadline: March 31, 2017

Questions? Email nancy.smithjewell@gmail.com