

Run for Honduras

**Sat. June 11,
2011 9:00 A.M.**

RUNNER AMENITIES

- Honduran-style post-race breakfast
- T-shirt to first 100 registrants
- Free kids 1K fun run (8:30 A.M.)
- Family friendly race
- Walkers welcome

Register online at:
www.hondurasmission.us

REGISTRATION

\$15 pre-registration
\$18 race-day registration



RACE START/FINISH

Falmouth High School
52 Woodville Road
Falmouth, Maine

5-Mile Loop

PRIZES

- Top 3 male and female overall
- Top 3 male and female finishers in all age groups:
 - Under 18 ○ 40-49
 - 19-24 ○ 50-59
 - 25-29 ○ 60-69
 - 30-39 ○ 70+
- Team Prizes: largest, fastest, and "most leisurely" (slowest)
- Everyone receives a prize



CAUSE

All proceeds from this race will go towards the purchase of medical and construction supplies for the community of El Triunfo, Honduras and neighboring villages. A team of doctors, nurses, and volunteers from Southern Maine has built a partnership with local doctors, nurses, and volunteers to provide medical and infrastructure services to local residents which may otherwise be unavailable. Our group has traveled to this community in 2008 and in 2011, and has seen over 1,000 patients, helped to construct a kindergarten schoolhouse, and helped construct a bridge between the villages of El Triunfo and Las Uvas, Honduras. This mission is a collaborative effort between members of the Foreside Community Church, the Falmouth Congregational Church and other community members and volunteers to provide services and support to the people of Honduras. Learn more about our cause at www.hondurasmission.us or contact Marilyn Sinnett at marilysinnett@gmail.com.

Name: _____
 Gender: M F Shirt Size: S M L XL XXL
 Entering as a team: Y N Team Name _____
 D.O.B. _____ Age (on race day): _____
 Email: _____
 Address: _____
 City/State/Zip: _____
 Phone: _____
 Signature: _____ Date: _____
 Guardian (if under 18): _____ Date: _____

Make checks payable to: FCC - Honduras Fund
 Entry Fee: \$15 pre-race day; \$18 race day
 Mail Checks to: Keith Greenwood
 P.O. Box 6001
 Falmouth, ME 04105

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 the 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, traffic, and conditions on the road; all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release the Town of Falmouth, Maine, Falmouth Congregational Church, race directors, and all sponsors, their representatives, and successors from all claims or liabilities of any kind arising out of my participation in this event.