



# Women's Week

## Run or Walk for the FUN of It!

Three events . . . Same day . . . Same location . . . Same time (almost)

### Sunday, April 22, 2007

### Rain or Shine

One mile fun walk for all ages begins at 9:00 AM SHARP!

#### 5 K "Run-for-the-FUN-of it"\*

**RACE FEATURES:** One mile split, water stop, refreshments and a free "Run-for-the-FUN-of-It" T-shirt. (Size availability based on a first come, first served basis. Sizes are not guaranteed). T-shirts will be provided the day of the event, while supplies last.

**AWARDS:** The 1st and 2nd finishers will be recognized from each of the following age groups: 10 and under, 11-19, 20-29, 30-39, 40-49, 50-59, 60-69, and 70 and over. In addition, the top two finishers overall will receive a gift certificate.

**ENTRY FEE:** \$5 before April 15, 2007 and \$10 the day of the event. Please make your check payable to EMHS.

**START TIME:** 9:20 am

#### 5 K "Walk-for-the-FUN-of it"

**WALK FEATURES:** Water stop, refreshments and a free "Walk-for-the-FUN-of-It" T-shirt. (Size availability based on a first come, first served basis. Sizes are not guaranteed). T-shirts will be provided the day of the event, while supplies last.

**AWARDS:** Random prize drawings to be awarded to ten individuals; prizes include water bottles, tote bags, etc.

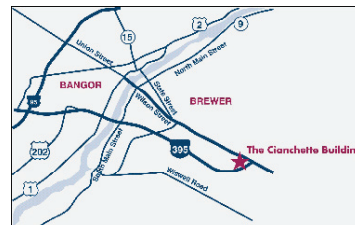
**ENTRY FEE:** There is no fee for the social walk.

**START TIME:** 9:25 am

Friendly dogs on leashes and children in strollers are welcome.

\* Men are welcome to participate; however, times will not be computed for men. Entry form is for women only, and prizes are for women only.

**STARTING LOCATION:** Cianchette Building, 43 Whiting Hill, Brewer, ME 04412. Located at the intersection of Interstate 395 & Wilson Street (I-95 to exit 182A-Rte. 395.) Follow 395 to Downtown Brewer exit. Merge onto Wilson Street. At the first light, turn left onto Dirigo Drive. At the next light, turn left and you will see the Cianchette Building in front of you. Park anywhere in the parking lot.



**For more information about the run, please call Jan at 947-4603; for more information about the walk, please call Nicole at 973-7245; or log on to [www.stayamazing.org](http://www.stayamazing.org)**

### Official Entry Form

Name \_\_\_\_\_ Age \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail \_\_\_\_\_ Please add me to the Women's Week Mailing List

I am entering the 5K event as a :  Competitive Runner (Fee)  Walk for Fun (No Fee)

In consideration of this entry being accepted, I for myself, my heirs, and assigns hereby waive and release any rights and claims I may have against the sponsors of this race.

Signature \_\_\_\_\_

\_\_\_\_\_  
If under 18, signature of parent/guardian

ENTRY FEE FOR RUN (see above):

SEND YOUR ENTRY BLANK TO:  
Attn: Jerry Whalen, EMHS  
43 Whiting Hill, Suite 500  
Brewer, ME 04412