



★ 18<sup>th</sup> Annual ★

Thanks to our Major Sponsor:



#### The Course

"Friends on the 4<sup>th</sup>" 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 Marana-cook Lake.

#### Awards & Other

Men & Women, 1<sup>st</sup> 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 foods 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 those who have registered.

#### Questions?

Contact the Friends office at 207-395-5239 or via email at: [mail@watershedfriends.com](mailto:mail@watershedfriends.com) For the safety of runners, parking is not allowed along the race route. Parking attendants will guide participants & spectators to designated parking areas.

#### Registration

Start the 4<sup>th</sup> of July off with a bang and join the gang at Central Maine's most popular race. Guarantee yourself a **free t-shirt** sporting the Friends cool "Spotter the Otter" race logo along with a stuffed gift bag by mailing **\$25 and 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, Monday, June 29 in order to guarantee T-Shirt & gift bag.** Online registration is open until 8:00 pm 7/3/20. Last minute registration on race day begins at 7:00 am at the American Legion, 117 Bowdoin Street - **AND ENDS at 7:45 am.** A \$30 entry fee will be charged, and we cannot guarantee T-Shirt & gift bag for last minute registrants. Any extra T-Shirts and gift bags will be handed out on a first-come, first-served basis. You can also download entry forms or register online at:

[www.watershedfriends.com](http://www.watershedfriends.com)

**Central Maine's Biggest Road Race!**  
**Saturday, July 4, 2020**  
**8:00am American Legion**  
**117 Bowdoin Street, Winthrop, ME**

**Chip Timing with Jaguar Timing System**



Saturday, JULY 4, 2020

8:00 am

American Legion

117 Bowdoin Street  
Winthrop, ME



MAJOR SPONSOR

Thanks to our sponsors, 100% of your entry fee goes towards engaging individuals, businesses and communities in protecting and improving the lakes, ponds and streams of the Cobbossee Watershed.

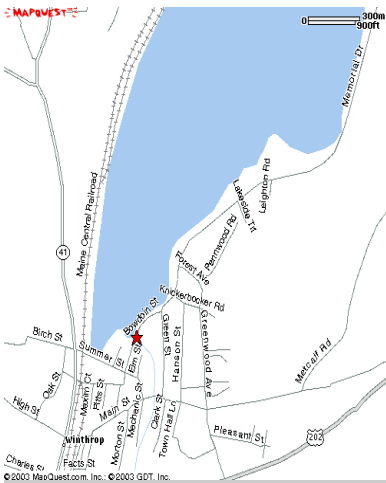
**Gold Sponsors**



**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** @ Town Beach, across from Legion

#friendsonthe4th5K



Clip here    Clip here    Clip here    **ENTRY FORM AND WAIVER**    Clip here    Clip here    Clip here

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 advertisement.

Name: (print) \_\_\_\_\_

Address \_\_\_\_\_

Town \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_ - \_\_\_\_ E-mail: \_\_\_\_\_

Signature: \_\_\_\_\_

(parent or guardian if under 18)

**REGISTER ONLINE AT:**  
[www.watershedfriends.com](http://www.watershedfriends.com)

**Sex:** M    F    **Age on 7/4/20:** \_\_\_\_\_

**Please circle T-SHIRT Preference:**

XS    S    M    L    XL    XXL    or NO-T-shirt  
(Does not change fee)

**Choose:**     Runner (Timed)  
                   Walker (Not Timed)

**Race Fee**

11 & Up With Cotton T-Shirt    \$25

10 & Under w/Cotton T-Shirt    \$15

**Additional Donation:** \_\_\_\_\_

**Total Enclosed:** \_\_\_\_\_