



RUNNING VIRTUALLY IN 2020

This year's Friends on the Fourth 5K is going virtual! While we will miss having our community come together at Norcross Point on beautiful Maranacook Lake, we are moving forward and preparing for the important work that needs to be done, protecting our lakes. Whether you walk or run, register as an individual or team, we need your support! Get out there with your family, challenge your neighbors, connect with friends all over the world, and show your support for clean water and our local lakes!

Registration

Complete the registration form on the backside of this form, visit www.watershedfriends.com or runsignup.com to register.

Register as an individual for \$25.00 per person.

Register as a family with more than two people and receive \$5.00 discount per registration

Participants 17 and under are \$15 each

Team registration: First team member is \$25.00: each additional teammate is \$20

★ **18th Annual** ★

Thanks to our Major Sponsor:



The Virtual Course!

"Friends on the 4th" 5K is going virtual this year! Run, walk or jog anywhere and everywhere! Once registered, you have one week from Saturday (6/27) to Saturday (7/4) at 12:00 noon to complete your 5K and submit your time online.

Awards & Prizes

Medals and other prizes will be awarded to the top male and female runners. The top individual fundraiser and top team fundraiser will each receive a selected prize.

Fundraise for the Friends!

Interested in helping out your "Friends" even more? Fundraise as an individual or as a team to raise additional funds to help keep our local waters as clean as possible! Prizes will be awarded to the top individual and the top team fundraisers.

Questions?

Contact the Friends office at 207-395-5239 or via email at: mail@watershedfriends.com. **Submit your registration forms to: Friends of the Cobbossee Watershed, PO Box 206, East Winthrop, ME 04343**

"Keep Calm and Run On"
Saturday (6/27) - Saturday (7/4)
Run, Jog, Walk
Anywhere & Everywhere!

www.watershedfriends.com



June 27th - July 4th, 2020
 @ 12:00 noon
 Run, Walk, Jog
 Wherever You Are!



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



#virtualfriends5K2020

- Run, walk, jog wherever you are!
- Unique and collectible 2020 t-shirt
- You pick your race course!
- Compete against friends and family from all over the world!
- Submit your best time of the week!
- Race raffle for awesome prizes all week!
- Great way to show support for our lakes



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

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)

Registration Categories:

- Team Registration: First Member** \$25
- Additional Team Member** \$20
- Family Registration (2 or more people)**
 \$5.00 discount per registration
- 18 & Up with Cotton T-Shirt:** \$25
- 17 & Under w/Cotton T-Shirt:** \$15

Total Enclosed: _____