

Sunday, August 2nd 2015

# Ron Paquette 5K

Farmers' Market site  
(at corner of Court and High Streets)  
Skowhegan



*In honor of Skowhegan native Ron Paquette. Long time runner and  
2012 inductee to the Maine Running Hall of Fame.*

**Race proceeds benefit the Somerset Humane Society  
& the ACS McRunners (Athens Community School Running Club)**

TIME: Registration starts at 6:00AM Race starts at 7:30AM

ENTRY FEE: \$12

SPECIAL RATE: \$9 for each member of a family or school team (at least 3 representing please),  
senior citizens (60+), Central Maine Striders, and veterans.

AWARDS: Top male and female finishers, Top male and female in age groups: under 13, 13-18,  
19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-59, 60-69, 70-79, 80 and over

RACE ORGANIZER: Kate Cooley 416-5426 (yiddlek@hotmail.com)

FMI: <http://RPR5K.weebly.com> & Facebook

## Ron Paquette 5K Waiver and Entry Form

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 this race, with all risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of you accepting my entry, I, for myself and anyone entitled to act in my behalf, waive and release the town of Skowhegan, Central Maine Striders, and anyone else associated with this race, from all claims of liabilities of any kind arising out of my participation in this event even if that liability may arise out of neglect or carelessness on the part of anyone.

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_

Address: \_\_\_\_\_

E-Mail: \_\_\_\_\_ Apply special rate: Yes / No

Signature: \_\_\_\_\_ Guardian if under 18: \_\_\_\_\_

Make checks payable to: Kate Cooley

Mail to: Kate Cooley, 54 Taylor Road, Athens, ME 04912