

*2016*

*Overall Winner:*

*Silas Eastman*

*15:50*

*2016*

*Top Female Winner:*

*Christie Foster*

*18:08*

## *Course Description*

*Race starts on Kimball Road by Kezar Lake Country Club & turns south onto Route 5.*

*Runners stay on Route 5 south through Lovell Village & turn left onto Route 93.*

*Runners stay on Rt. 93 to Smarts Hill Road until turnaround & continue back to Rec Field Road to finish line.*

**2017 Lovell Old Home Days 5k Race**

**Entry Fees:**

**Prior to 7/10/17—\$13**

**7/11/17 To Race Day—\$18**

**Register on-line: [Running4free.com](http://Running4free.com)**

**Or Send Check To: Lovell Road Race, PO Box 272, Lovell, ME 04051**

**First 100 Registered Runners Receive A Commemorative T-Shirt Designed By A Fryeburg Academy Art Student**

**Top Male & Female Finishers Receive Special Awards**

**Lollipop Youth Race After Awards**

**Refreshments, Food, Random Prizes & Awards At The Finish Line!**

**Proceeds Benefit The Lovell Rec Dept & The Old Home Days Parade**

**Timing By**

**5k Sports Race Management**

# **Thirteenth Annual Lovell Old Home Days 5k Race**



2016 T-Shirt Design by

Phoebe Crowe

**Saturday  
July 15th, 2017**

**9:45 am**

**Lovell Athletic Field**

**Lovell5k.com**

# DETAILS

\*BUS SERVICE WILL BE PROVIDED FROM THE REC FIELD TO THE START (OR HAVE FAMILY DROP YOU OFF AT THE START). PLEASE ALLOW ADEQUATE TIME PRIOR TO START.

**LAST BUS LEAVES@9:15AM!**

\*WATER WILL BE PROVIDED AT THE START, ON THE COURSE & AT THE FINISH.

\*SPLITS AT THE MILE MARKS.

\*AWARDS TO THE TOP THREE MEN & WOMEN IN EACH OF THE FOLLOWING AGE GROUPS: 15 & UNDER, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+.

\*PRE-RACE DAY REGISTRATION & PACKET PICK-UP: FRIDAY, JULY 14TH. 4:30-6:30 PM AT THE ATHLETIC FIELD GAZEBO

\*RACE DAY REGISTRATION: PICK-UP SHIRTS OR REGISTER DAY OF RACE. 8:00-9:00 AM AT LOVELL REC FIELD.

\*INFORMATION & DIRECTIONS: CALL RACE DIRECTOR STAN TUPAJ @ 207-925-1500 OR 207-925-2057. E-MAIL:

stan@fairpoint.net.

\*LOVELL RECREATION FIELD IS LOCATED ON SMARTS HILL ROAD OFF ROUTE 93 AT THE VFW HALL.

## 13th Annual Lovell Old Home Days 5k

Saturday July 15th, 2017 9:45 AM

Name: \_\_\_\_\_

First MI Last

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

E-Mail: \_\_\_\_\_

Phone: ( ) \_\_\_\_\_ Gender: M \_\_\_\_\_ F \_\_\_\_\_

Age on Race Day: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ T-Shirt: M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_

### Waiver & Release:

I know that running/walking is a potentially hazardous activity and I should not enter the Lovell Old Home Days 5k unless I am medically able and properly trained. I assume all risks associated with running in this event including, but not limited to: falls, contact with participants, the effects of weather, traffic, conditions of the course, all such risks known and appreciated by me. Having read this waiver and knowing these facts and in consideration of the acceptance of my entry, I, for myself and anyone entitled to act on my behalf waive and release the Town of Lovell, Lovell Recreation Department, Lovell Old Home Days Parade Committee, Stanley Tupaj, all volunteers and race workers, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event or resulting from carelessness on the part of persons named in this waiver. Further, I grant permission to all of the foregoing to use any photographs, motion pictures, or any other record of this event for any legitimate purpose.

### Signature of Race Participant:

\_\_\_\_\_ Date: \_\_\_\_\_

If runner is under 18, parent or guardian must sign:

\_\_\_\_\_ Date: \_\_\_\_\_

Make Check Payable To:

Lovell Road Race, PO Box 272

Lovell, ME 04051