



Date: July 4th, 2020
 Time: 9:00 am
 Location: 6 Park Rd,
 Rangeley, ME

**For complete
 race info or to
 register online
 go to:
www.rhwp.org**

STARS & STRIPES 5K & 10K WALK/RUN

Registration	Before July 4th	
	Before July 4th	On July 4th
Adult 5k run/walk	\$30	\$35
child (under 10 years) 5K	\$10	\$10
Adult 10K run/walk	\$40	\$45



Leashed dogs are welcome to join, but strollers are discouraged due to challenging terrain. The first 25 registrants receive a free shirt. All registrants will receive a Swag Bag of goodies with each registration fee. Awards for first female and male finishers will be presented for each distance, and first child (under 10) finisher will be awarded. Music and after party will commence immediately following the run. Patriotic themed outfits are encouraged! All Proceeds support Rangeley Health and Wellness which is a 501 (c)3 nonprofit organization.

Registrant Name _____ Birthdate: _____ Age (as of race day): _____

Address: _____ City: _____ Zip Code: _____

Email: _____ Phone Number: _____

Sex (circle one): M or F Shirt size (circle one): S M L XL 2XL

WAIVER: I have read this waiver and in consideration of your acceptance of the entry to the Stars and Stripes 5K or 10K run or walk I do hereby, for myself, my heirs, executors, and administrators, waive and release and discharge the hosts of sponsors or their respective agents, representatives and employees, from all claims, demands, and rights of causes of action, present or future whether known or anticipated, resulting from or arising out of, either directly or indirectly, my participation in this community run/walk event. I attest that I am physically fit and sufficiently trained for the completion of this race and fully understand the risks involved in this event. I also hereby grant full permission to use my photographs, video tapes, recording or other record of this event for any legitimate purpose.

Signature: _____ Date: _____ Under 18 parent signature: _____