

Saturday, June 6, 2020

Pembroke, Maine

25 miles east of Machias on Route 1

Sign up/ Packet Pickup: 8:30 A.M to 9:45am

FREE Kids' run: 9:15 AM

5K & 10K: 10:00AM



29th Cobscook Bay

10K/5k/ FREE Kids Fun Run

to benefit **Down East Hospice Volunteers**
of Washington County, ME



America's Easternmost 10K—in the TradeWinds MarketPlace/Sub-5 Track Club Series
Co-Hosted by Bold Coast Runners

RUN OR WALK from route 1 in Pembroke, Maine on the pristine shores of Cobscook Bay, finishing on America's easternmost saltwater bay, and majestic Reserving Falls Park home to eagles, osprey, and seals.

SUPPORT DOWN EAST HOSPICE VOLUNTEERS- the only volunteer hospice program of cost-free comfort care for the terminally ill, the grieving, and their families throughout Washington County. *Graciously accepting donations at www.downeasthospicevolunteers.org or race day.*

- ALL proceeds are directly donated to the mission of Down East Hospice Volunteers!
- **Visit our Website for race day details!** www.cobscookbayroadraces.org
- Commemorative T-shirt guaranteed for first 50 pre-entries / shirts for sale at the event also!
- Online registration closes June 5th. at 8pm. Mail in paper-entry Must be sent by June 1st.
- USA Track and Field Certified courses! RRCA member event.
- Awards ceremony for age group divisions; for overall winners; prizes for Fun Run
- Cookout post race at Reversing Falls park – Graciously hosted by Down East Hospice Volunteers

Please bring a side dish that can be shared—salad, sliced watermelon, dessert, etc.

Volunteers will be able to take food to the finish for post race. *\$5.00 for the post-race picnic meal for all non-participants*

10K Course Records: Men's – **Judson Cake** 32:59 (2012) | Women's – **Sarah Mulcahy** 38:06 (2018)

Early registration highly encouraged!

Entry fee: \$10.00 for 16 & under / \$25.00 *adults* - **adults add \$10 for race day registration**

Please - **one participant per registration form** – write clearly

Name: _____ Email address: _____

Address: _____ Age _____ Team _____

Circle shirt size: SMALL MED LG X-LG Yes, I would like to Join Bold Coast Runners for \$10.
Send separate check for \$10 made to Bold Coast Runners

Circle event: 10km Run 10km Walk 5km Run 5km Walk Kid's 1-mile Fun Run (10 & under)

MAKE CHECKS PAYABLE TO: DOWN EAST HOSPICE

MAIL TO: COBSCOOK BAY 10K c/o Eric Mauricette 32 Independence Ave, Baileyville, ME 04694

Entry Release: In consideration of accepting this entry, I, intending to be legally bound, hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims and damages I may have against the race organizers, directors, any sponsors, their representatives, successors, town of Pembroke, and assigns for any and all injuries suffered by me at said race or event, even if caused by negligence on the part of the race organizers.

Runner's Signature _____

Parent's Signature (if under 18) _____