

THE THIRTY-SIXTH ANNUAL

YORK DAYS 5K: MILES FOR SMILES



Date: Sunday, July 28th, 2019
Time: Race Day Registration opens at 6:30 a.m. and closes at 7:45 a.m. Race starts at 8:00 a.m.
Location: York High School, York, ME
Course: USATF Certified 5K Course
Entry Fee: \$25 mail-in registration/\$25 online (plus fees) \$35 Race Day, space permitting


- Limited to 1,200 runners
- T-shirts to those registered by June 24th
- FREE, no registration needed, Kids 1 Mi Fun Run



PRE-REGISTRATION DEADLINE IS JULY 23rd
ANYONE WANTING TO REGISTER AFTER THAT MUST REGISTER ON RACE DAY.
 YORK HIGH SCHOOL – 1 Robert Stevens Dr., York, ME 03909
 1st, 2nd & 3rd place prizes to division winners.
 Race includes professional chip timing & traffic management.

Atlantic Ocean

NO DOGS PLEASE for their safety and ours



PROCEEDS BENEFIT YORK PARKS & RECREATION YOUTH PROGRAMS

Mail In Bottom Portion Of This Page With Registration Fee

Road Race Division

- | | | |
|--------------|----------------------------------|---------------------------------------|
| | 12 & Under | |
| MEN | <input type="checkbox"/> 13 - 17 | <input type="checkbox"/> Race Walking |
| | <input type="checkbox"/> 18 - 29 | <input type="checkbox"/> Wheelchair |
| | <input type="checkbox"/> 30 - 39 | |
| | <input type="checkbox"/> 40 - 49 | |
| | <input type="checkbox"/> 50 - 54 | |
| | <input type="checkbox"/> 55 - 59 | |
| | <input type="checkbox"/> 60 - 64 | |
| | <input type="checkbox"/> 65 - 69 | |
| | <input type="checkbox"/> 70 - 79 | |
| | <input type="checkbox"/> 80 & Up | |
| WOMEN | <input type="checkbox"/> | |
| | <input type="checkbox"/> | |

RACE SHIRT (Check one)
 If Registering by 6/24 ONLY

S M L XL No Shirt

Make checks payable to:
 York Parks and Recreation

Mail application to:
 York Parks & Recreation Department
 186 York St., York, ME 03909

For information on applications,
 call the York Parks & Recreation
 Department at 363-1040 Mon – Fri
 8:30 a.m. to 4:30 p.m.

**YORK DAYS 5K ROAD RACE
 REGISTRATION FORM
 PLEASE PRINT CLEARLY!!!!**

Name: _____
 Address: _____
 Town: _____ State: _____ Zip: _____
 Sex: _____ DOB: _____ Telephone: _____
 Email Address: _____
 Emergency Contact Name & Number _____

WAIVER *must be signed
 In signing this entry, I for myself, my heirs, executors and administrators, release the manager of the race, all sponsors and promoters, the Town of York, for any and all liability in case of death or injury received during participation in this race. In the case of a minor, this entry must be signed by a parent or guardian of entrant.

Signature _____
 Parent/Guardian _____