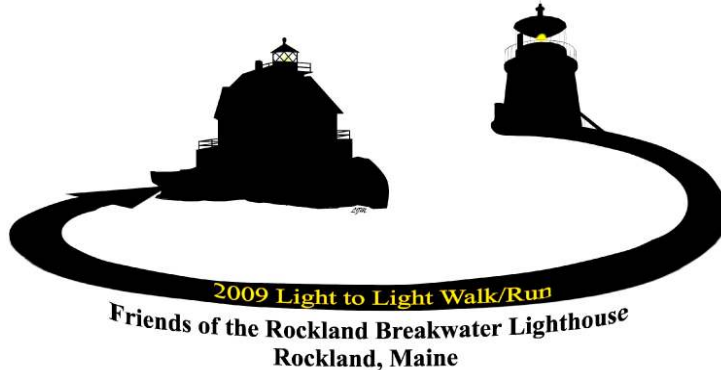


THE FRIENDS OF THE ROCKLAND
BREAKWATER LIGHTHOUSE

Invite you to join them for their seventh annual
"LIGHT TO LIGHT" WALK/RUN

On Sunday, June 21, 2009



This 7.5 mile event will help celebrate MAINE LIGHTHOUSE WEEK and starts at the Owls Head Lighthouse parking lot. Walkers begin at 7:15 am and runners at 8:15 a.m. Both will complete the course at the Rockland Breakwater Lighthouse Park on the Samoset Road in Rockland. **T-shirts commemorating the event will be given to those who register before June 10th.** Trophies will be awarded in expanded age categories. All proceeds assist in the restoration of the lighthouse. This is a great opportunity for you to show your support of the Lighthouse restoration project by running or walking for the Light!

Entry Form

In consideration of this entry being accepted, I for myself, my heirs, executors, administrators, hereby waive and release any and all rights and claims for damages I may have against the City of Rockland, Town of Owls Head, sponsors, supporters, volunteers and officials of the Friends of the Rockland Breakwater's "Light to Light" walk/run. I attest and verify that I am physically fit to participate in this race and have full knowledge of the risks in this event.

NAME _____ Date of birth: _____ Walker? ___ Runner? ___

MAILING ADDRESS _____

_____ T-shirt size _____ (free to those who register before 6/10)

PHONE: _____ Email address _____

SIGNATURE: _____

(Parent or legal guardian signature needed for children under 18.)

FEES: Advanced Registration \$12

On the day of the race \$15

3 Water stops along course
Post Race Refreshments, door
prizes & Awards
Restroom at finish line

Send your check (made payable to Friends of the Rockland Breakwater Lighthouse)

To: FRBL Light to Light
P.O. Box 741
Rockland, ME 04841

Call Sandy at 207-691-1538 if you have questions.
or email: light2light@rocklandlighthouse.com