



Run With The Alewives 5K!
Damariscotta Mills, Nobleboro, Maine
Saturday May 25th 2019



Celebrate and Support the Alewives Fish Ladder!
Cash Prizes to Top Finishers (M/F) and 6 Age Categories!
Beautiful Scenery by the Great Salt Bay!

Register by May 1st to be guaranteed original design alewives t-shirt and bag, festival coupons, and more! To register, go to

bit.ly/Alewives-5K-2019

Pre-registration fee is \$30 (race day is \$40). Special rates for under 14, families and local school track teams. For discount details, contact race director Bob Barkalow (207) 458-3389 or bob.barkalow@gmail.com.

Schedule Saturday May 25th:

7:15 AM – On-Site Registration and Packet Pickup

8:15 AM – Opening Ceremony and Prize Drawing (all runners entered)

8:45 AM – Race Starts

10:00 AM – Award Ceremony

Packets are also available Friday, May 24th, 5:00 PM – 7:00 PM at the Fish House.

The Alewives Festival begins at 10:00, and is right next to the race start/finish area. Food, drink and music with *no admission charge!* Best of all: *Alewives viewing!*

The sponsors of Run With The Alewives 5K are committed to helping provide a healthy environment and healthy community. Please thank them!



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