



**SATURDAY,
AUGUST 5th,
2017
@
8:00 a.m.**

63 years ago Sir Roger Bannister broke the 4 Minute Mile!!! There were five other athletes in that historic 1954 race. One of those runners was an American theological student; George F. Dole. This summer the Fryeburg New Church Assembly (FNCA) in Fryeburg, Maine, will be hosting the fourth annual 3-mile road race as a celebration of the life, legacy, and good humor of our friend and mentor the Rev. Dr. George F. Dole. He is a former resident of Fryeburg and has been attending the FNCA; a family oriented church camp on the banks of the Saco River, nearly every August of his 86 years.

The race starts at the Maine Visitor Information Center, 97 Main Street (Route 302), Fryeburg, ME.

Please send this form along with your donation made out to FNCA by August 1, 2017.
Online registration is available until August 4th. Please visit www.dole3miler.com for details.

THE FOURTH ANNUAL DOLE 3 MILER ENTRY FORM 2017

PLEASE PRINT LEGIBLY

Name _____ Sex ____ Birth Date ____/____/____

Address _____

City, State Zip _____

Phone _____ E-mail _____

SHIRT SIZE (Free before July 2nd) (circle One) SM M L XL XXL NONE

SHIRT STYLE (circle One) Youth Unisex Ladies V-Neck

Registration fee (\$20 pre-registration/ \$25 on race day)

Total amount enclosed \$ _____

Waiver (MUST BE SIGNED)

I recognize that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or rain, humidity, traffic and conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Dole 3 Miler Race Committee, Fryeburg New Church Assembly, Fryeburg New Church, the Town of Fryeburg, Maine Mountain Division Trail, the Fryeburg Visitor Information Center, race officials and volunteers, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. Further, I hereby grant full permission to any of the foregoing to use any photos, videotapes or any records of this event for any legitimate purpose.

No bikes, pets, skates or headsets allowed.

Signature _____ Date _____

Parent or Guardian if under 18 _____

No refunds will be issued for any reason

Mail to: Lee Dyer, Race Registrar, 169 Stanley Hill Rd, Fryeburg, ME 04037

Contact: Jon Crowe, Race Chairman – 207-925-1302, d3race@gmail.com