



New Balance presents the Maine Distance Gala

Friday, June 17, 2011
on the historic Jack Magee track at
Bowdoin College, Brunswick, Maine

Entry cost: \$10 including New Balance t-shirt

For more information, contact:

Jorma Kurry, jormakurry@gmail.com

George Mendros, george.mendros@thorntonacademy.org

High school coordinator: Chris Mazzurco, cmazzurco@gmail.com

Elite coordinator: Brandon Bonsey, bbonsey@gmail.com

Admission for spectators: Adults: \$3 Students: \$1



Qualifying standards

PacePal Masters Mile for men	4:50	Masters womens mile	5:45
Boys 800	2:07	girls 800	2:30
MaineTrackXC boys mile	4:40	OA Centers for Orthopaedics Girls Mile	5:35
Dirigo Running Club boys 2 mile	10:20	2 mile	12:15
Running Times mile for men	4:15	Maine Coast Adult Health Mile for women	5:15
Maine Coast Orthopaedics 2 mile for men	10:00	Fiddlehead Media 2 mile for women	11:30

Learn about Pacepal ... find someone who runs your pace ... anywhere! Use Pacepal as a social networking site to manage your running group! Stop by to talk to Tom Ryan ...

Scott Douglas of Running Times magazine will be at the meet signing copies of his new book, *The Little Red Book of Running*.

Approximate Time Schedule:

- 5:00pm Masters Mile for women
- 5:10pm PacePal Masters Mile for men
- 5:20pm High School girls 800
- 5:30pm High School boys 800
- 5:40pm High School Girls 2 mile
- 5:55pm Dirigo Running Club High School Boys 2 Mile
- 6:10pm OA Centers for Orthopaedics Girls Mile
- 6:20pm MaineTrackXC High School Boys Mile
- 6:30pm Fiddlehead Media 2 mile for women
- 6:45pm Maine Coast Orthopaedics 2 mile for Men
- 7:00pm Maine Coast Adult Health Mile for women
- 7:10pm Running Times mile for men



New Balance Maine Distance Gala Entry Form

Name _____ Gender _____

Event _____ Best mark from 2011 _____

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 Brunswick, Bowdoin College, sponsors, supporters, volunteers and officials of the Maine Distance Gala. 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: _____

Signature (or parent if under 18): _____ Date: _____

Please include a check payable to Maine Distance Gala and mail to:
Jorma Kurry
8 Merrill Rd.
Falmouth, ME 04105