



WHEN: Saturday, SEPTEMBER 23, 1978 12:00 P.M.

WHERE: Bar Harbor, Me., located on scenic Mount Desert Island. Home of famous Acadia National Park, a runners Mecca, with 52 miles of carriage paths winding through forests, mountains, ponds and by the Atlantic Ocean.

SPONSORS: Bar Harbor Chamber of Commerce and BRS Inc. NIKE

COURSE: Loop, scenic (forest, mountain, ocean views) Traffic control by Bar Harbor Police Reserves

AWARDS: Divisions	Awards
Men's Open	1 - 10
Men's Masters (over 40)	1 - 10
Women	1 - 10
Under 16	1 - 10
Team - 3 man	1 - 5
Team - 3 woman	1 - 5
1st. MDI Man	
1st. MDI Woman	
Commemorative T-shirt to all registrants	
No runner will be eligible for more than one award	

ENTRY FEE: \$5.00 (includes T-shirt)
 \$7.00 (after deadline, Sept. 16, 1978)
 Enter Early! Race restricted to 1st 1000 entries.
 Registration and race packets at Chamber of Commerce information bureau at town pier

FEATURES: Aid stations - water, ice, Body Punch
 Splits
 Finish times

ENTRY FORM

In consideration of the acceptance of my entry, I for myself, my executors, administrators, and assignees, do hereby release and discharge the Bar Harbor Chamber of Commerce, Town of Bar Harbor, BRS Inc.-NIKE and other sponsors for all claims of damages, demands, actions whatsoever in any manner arising or growing out of my participating in said athletic event. I attest and verify that I have full knowledge of the risks involved in this event, and I am physically fit and sufficiently trained to participate in this event.

Signature ** _____
 (Parent's signature if under 18 years of age)

Print Name _____

Address _____

Club or School Affiliation _____

Age _____ Division Entering _____

TEAM MEMBERS _____
 (if entering as 3-member team)

Shirt Size: S M L XL (circle one)

If you would like souvenir T-shirt only, send \$5.00 and T-shirt size to address below, or return entry form marked, T-Shirt Only

RETURN ENTRY WITH REMITTANCE TO: Entry Fee: \$5.00

Dennis S. Jenkins, Race Director
 Bar Harbor Chamber of Commerce
 Bar Harbor/Nike 13 Miler
 Bar Harbor, ME. 04609

Tele.: 207-288-5103, for information

ENTER EARLY AND BE A PART OF A MAINE RACING TRADITION

Accommodations: Motels - off season rates