

About the Lobster Dash

When: September 19, 2015
9:00 AM

Where: Ogunquit Beach, Maine

Entry Fee: \$25 (non refundable)

Tee Shirt: guaranteed if postmarked by
September 10, 2015.

Lobster Rolls: Yes. Until we run out.

Course Description: From Ogunquit Beach to Moody Beach and back! The course begins and ends at the Main Beach and is run on the hard-packed sand – perfect for running!

Splits: at each mile marker

Aide Stations: 2 water stations along the course

Post Race Refreshments

Prizes and Gifts

Awards to for age group winners along with other prizes and gifts

The Gumbinner Award:

Lobster Dinner will be awarded to the first Male (190 lbs) and Female (140 lbs) Clydesdale finishers. (You must weigh in to claim your prize.)

Celebrating the Life of Greg Gumbinner (1955 – 2000)



The Lobster Dash is a unique race, designed to celebrate the life and memory of a unique person.

Greg A. Gumbinner was tragically taken from his family and friends in a small plane crash in November of 2000. Greg lived his life to the fullest. His passions included flying, tennis, hiking, running and eating (he was second to none at an all you can eat buffet!). Greg was a veteran of 20 marathons, including a PR of 2:57:50 at the Boston Marathon in '96. He completed his last marathon (Marine Corps, 2000) in 3:09:14, proudly finishing as the 4th Clydesdale overall and first in his division.

Greg touched the lives of many. Friends, family and business associates appreciated the unique sense of humor and the mannerisms that were Greg. Those “Gregisms” will remain indelibly etched in our minds and souls forever.

One of Greg's favorite running routes was the stretch of beach from Ogunquit to Wells and back. It is here that we chose to put on a race that Greg wouldn't have missed.

Directions to the Race

From the South take Rte. 95 North to Exit 7 (last exit before tolls) follow to Rte 1. Take a left onto Route 1 North and follow for Approx. 8 miles into Ogunquit Center. Take a right onto Beach Street.

From the North take Rte. 95 (Maine Turnpike) to Wells/Ogunquit exit 19. Take a left off exit and follow to Rte. 1 South. Follow Rte. 1 approx. 6 miles into Ogunquit Center. Take a left onto Beach street.

The start of the race is on the Main Beach.

Limited Free parking is available at the main parking lot

Lobster Dash Entry Form 2015

Use one form per registrant.
Form may be photocopied. Please print legibly.

Last Name

First Name

Sex

Age on Race Day

Street Address

City

State

Zip

Home Phone

Work Phone

Email Address

Tee Shirt size: S M L XL

Clydesdale?: N Y Weight: _____

Entry fee: \$25.00

**Please make checks payable to
LOBSTER DASH**

**Mail Entry form and check to:
Lobster Dash
PO Box 397
Ogunquit, Maine 03907**

Please Read and Sign the following waiver

I know that running is a potentially hazardous activity. I should not enter and run the race 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 risk associated with running including, but not limited to falls, contact with other participants, the effects of the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, I for myself and anyone entitled to act on my behalf, waive and release Lobster Dash, the town of Ogunquit, the town of Wells, Race Management, all sponsors, their directors, officers, employees, agents, representatives and successors from all claims or liabilities of any kind or nature whatsoever arising out of my voluntary participation in this race even though that liability may arise out of negligence or carelessness on the part of the persons named on this waiver.

Signature (Parent or Guardian if under 18)

For official use only

