



Flattop 5k

Saturday, April 1, 2023

In memory of Bill Pinkham, a Maine runner who left his mark on the Down East Maine running community.

Location: Lamoine Consolidated School, 53 Lamoine Beach Rd, Lamoine, Maine

Events:

9:00am: Kids 1 mile Run: \$5 (\$10 on Race Day)

9:30am: 5k Run/Walk: \$20 (\$25 on Race Day)

Online Registration available:

www.RunSignUp.com/Race/ME/Lamoine/Flattop5k

Contact Information: races@mdiyymca.org, 207-288-3511
rclarke@defymca.org, (207)667-3086

******PLEASE PRINT CLEARLY!******

First Name: _____ Last Name: _____

Phone: (____) _____ Email: _____

Age on Race Day (4/1/2023): _____ Gender (circle one): M F Non-binary

Emergency Contact Name/Phone: _____ (____) _____

Event (circle one): 5k Run/Walk Kids 1 Mile

Donation (optional): \$10 \$25 \$50 Other: _____

To benefit (select one): DEF YMCA MDI YMCA Lamoine Grange

TOTAL AMOUNT PAID: _____

WAIVER: I know that running a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I assume all risks associated with running this event. Having read this waiver and knowing these facts and in consideration of your accepting my entry fee, I, for myself, and anyone entitled to act on my behalf, waive and release Down East Family YMCA, Mount Desert Island YMCA, and all sponsors, their representatives and successors, for all claims or liabilities of any kind arising out of my participation in this event.

Signature: _____ Date: _____

Return completed form with check to Ellsworth YMCA, 238 State Street. Ellsworth, ME 04605