



THE FLATTOP 5K

In honor of Bill Pinkham



Saturday, March 28, 2009

5K - 10:00 A.M., Kid's One Mile - 9:30 A.M.

Registration form

Name _____ M _____ F _____ Age _____

Address _____

Phone _____ or _____

Email _____

5k _____

Kid's One Mile Fun Run _____

Fee: \$10.00. Please make checks payable to "The Flattop 5K"

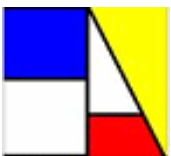
Directions: Follow Route 1 through Ellsworth. Turn right on Route 184. The Lamoine School is about 6 miles from the intersection of Routes 1 & 184

Waiver: I know that running a road race is a potentially dangerous 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 runners, the effects of weather, traffic and the 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 accepting my entry, I waive and release Eden Athletics, Jack Russell's Steakhouse, the Lamoine Parks Commission, all sponsors, and the Town of Lamoine for all claims or liabilities of any kind arising out of my participation in this event.

Signature _____ Parent if under 18

Questions and information: Call Robin at 667-9219 or Tom at 667-9771

Please send entry to: Robin Emery, 11 Lamoine Beach Rd., Lamoine, ME 04605 or Tom Kirby, 36 Holt Dr., Ellsworth, ME 04605



This race is the first event in the
2009 Eden Athletics-Jack Russell's Steakhouse Points Series
www.edenathletics.com



This is the Second Race of the 2009 TradeWinds MarketPlace / Sub5 Track Club Race Series