

## THE FLATTOP 5K

In honor of Bill Pinkham

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Saturday, March 28, 2009

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

## Registration form

| Г                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | registiation form                                                                                                                           |                                                                    |                                                                                                                       |                                           |
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| Name                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | M                                                                                                                                           | F                                                                  | Age                                                                                                                   |                                           |
| Address                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                             |                                                                    |                                                                                                                       |                                           |
| Phone                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                             |                                                                    |                                                                                                                       |                                           |
| Email                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                             |                                                                    |                                                                                                                       |                                           |
| 5k                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Kid's One                                                                                                                                   | Mile Fun                                                           | Run                                                                                                                   |                                           |
| Fee: \$10.00. Please make checks payable to                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | "The Flattop 5K"                                                                                                                            |                                                                    |                                                                                                                       |                                           |
| <b>Directions</b> : Follow Route 1 through Ellswort miles from the intersection of Routes 1 & 184                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                             | 84. The L                                                          | amoine School is a                                                                                                    | bout 6                                    |
| Waiver: I know that running a road race is a potentially able and properly trained. I agree to abide by any run. I assume all risks associated with running this the effects of weather, traffic and the condition Having read this waiver and knowing these farelease Eden Athletics, Jack Russell's Steakhoof Lamoine for all claims or liabilities of any leading the second statement of the secon | decision of a race official reservent including but not limins of the road, all such riscts and in consideration couse, the Lamoine Parks ( | elative to monited to: fall sks being kent of accepting Commission | y ability to safely con<br>ils, contact with oth<br>known and apprecia<br>g my entry, I waive<br>on, all sponsors, an | nplete the<br>aer runners,<br>ated by me. |
| Signature                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                             |                                                                    | Parent if u                                                                                                           | under 18                                  |
| Questions and information: Call Robin at 667                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 7-9219 or Tom at 667-97                                                                                                                     | 71                                                                 |                                                                                                                       |                                           |

**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

