



THE FLATTOP 5K

In honor of Bill Pinkham

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Saturday, March 26, 2011

Kid's One Mile – 9:30 AM 5K – 10:00 AM

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## REGISTRATION FORM

Name: \_\_\_\_\_  Male  Female Age \_\_\_\_\_

Address: \_\_\_\_\_

Phone \_\_\_\_\_ or \_\_\_\_\_

Email: \_\_\_\_\_

**5K (\$15)**

**Kid's One Mile Fun Run (\$1)**

Please make checks payable to: "The Flattop 5K"

Past Champions: 2010 – Louie Luchini (14:58) ♦ Elizabeth Brunton (19:45) | 2009 – Judson Cake (16:03) ♦ Anne Favolise-Stanton (19:41) | 2008 - Judson Cake (15:41) ♦ Anne Favolise-Stanton (19:47) | 2007 - Adam Goode (16:17) ♦ Elizabeth Brunton (19:37) | 2006 – Erik McCarthy (16:53) ♦ Susannah Beck (18:02)

**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: 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 or email [takirby@roadrunner.com](mailto:takirby@roadrunner.com)

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



This race is the second event in the  
2011 Sub5 Track Club/TradeWindsMarketPlace  
Road Race Series

