



2024 Flat Top 5K

Hosted by: The Down East Family YMCA and the MDI YMCA

Saturday March 30, 2024

9:00am Kids Race

9:30am Timed Run or Walk

Race Waiver: I know that running a road race is a potentially hazardous activity, which could cause injury or death. By signing below, I certify that I am medically able to perform this event, I am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, traffic, conditions of the road, and effects of the weather including, but not limited to, high heat and/or humidity. All such risks are known and appreciated by me. I will abide by all race rules. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Down East Family YMCA, and all event sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Gender: M or F Age: _____ DOB: __/__/__

Pre-Registration Kids Race \$5.00 (ends March 28 @ 12 noon) \$ _____

Pre-Registration Timed Run or Walk \$20.00 (ends March 28 @ noon) \$ _____

Race Day Registration Price \$25.00 \$ _____

Extra Donations:

\$ _____ Lamoine Fire

\$ _____ Lamoine School

\$ _____ Lamoine Grange

Total \$ _____

Signature of racer or legal guardian

Date