

Greater L-A Triple Crown 5K Series

2010 Registration Form

A Community Fundraising 5K Run/Walk Series

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

E-mail _____

Date of Birth _____ / _____ / _____ Age on June 11 _____
Month Day Year

Please Circle: Male Female | Runner Walker

Shirt Size (Gender Specific) S M L XL

Is this your first 5K? Yes No

Are you part of the 2010 Couch to 5k program? Yes No

Are you part of Girls on the Run? Yes No
If yes, in what role? Participant Running Buddy Coach

REGISTRATION

Triple Crown (all three 5Ks)

\$45 (\$50 after June 11) \$ _____

YMCA Fit Fest

\$17 (\$20 after June 11) \$ _____

Emily's Run

\$17 (\$20 after June 11) \$ _____

L-A Bridge Run

\$17 (\$20 after June 11) \$ _____

If you would like to make a donation please circle the recipient:

YMCA Fit Fest Emily's Run L-A Bridge Run

Donation amount \$ _____

GRAND TOTAL \$ _____

Please make check payable to: Greater LA Triple Crown

Mail to: Auburn-Lewiston YMCA

62 Turner Street
Auburn, ME 04210

EVENT DATES

YMCA FIT FEST

Saturday, June 12 at 9 a.m.
Festival Plaza, Main St., Auburn
Beneficiary: Auburn-Lewiston
YMCA youth programs



EMILY'S RUN

Sunday, July 25 at 9 a.m.
Edward Little H.S., 77 Harris St., Auburn
Beneficiary: The Fletcher Foundation

L-A BRIDGE RUN"

Sunday, Aug. 29 at 9 a.m.
Rollodrome, 12 Riverside Dr., Auburn
Beneficiary: Maine Outdoor Adventure Club (L-A)

GENERAL INFORMATION

- Each 5K is capped at 800 participants
- Free apparel to first 300 registrants
- Chip Timing
- Food, refreshments, music and prize drawings
- Awards to Top 3 in each age category
- A free Kids' Fun Run will precede each 5K at 8:15am
- Cash prize to Top 3 male and female Triple Crown finishers (must participate in all three 5Ks)
1st \$200 2nd \$100 3rd \$50

I realize that participating in this event is a potentially hazardous activity and hereby waive and release all sponsors, its officials, director of race, all volunteers and city officials from any and all claims or liabilities arising from my voluntary participation in this event. Further, I grant permission to the Greater L-A Triple Crown 5K Series organizers to use photographs, videotapes or other records of this event for the purpose of future publicity.

Signature _____
Parent or Guardian if under 18 years of age

Emergency Contact

Name _____

Phone _____

www.triplecrown5k.com