Saturday, September 18th, 2010
33rd Annual Mount Desert Island YMCA
Bar Harbor Bank & Trust

Half Marathon

Sponsored by Bar Harbor Chamber or Commerce

www.bar-harbor-hotels.com

Race Features: The USATF Certified Half Marathon (ME-90005-GN) takes place on beautiful Mount Desert Island & Acadia National Park and is a major fundraiser for the MDI YMCA in Bar Harbor. Proceeds help provide scholarships to individuals who otherwise couldn't afford to participate in YMCA programs. The challenging loop course starts and finishes at the MDI Y. Nine miles of the route span Acadias car-free carriage roads. Splits at 1,5,10 mile markers; water stations (5) every 2-2.5 miles; refreshments; finish times; post-race massage therapy. This race is part of Eden Athletics Race Series which is sponsored by Jack Russell's Steakhouse. *Race starts at 8:30am*

Restrictions: By request of Acadia National Park officials, this race is limited to 400 runners. Because this is an important part of our scholarship program and annual campaign, please respect the fact that the fee is non-refundable or transferable. No baby strollers or dogs on course.

Packet Pick-up: Friday September 17th, from noon – 7:00pm at the MDI YMCA. Packets are no longer available the morning of the race. For alternate packet pick-up arrangements, contact Lisa Tweedie, Race Director at 207-288-3511 or fitness@mdiymca.org

Pre-Race Pasta Dinner: Friday, September 17th, 5:30pm-7:30pm. Venue:TBA. Delicious buffet dinner: Dinner includes choice pasta, salad, bread, non-alcoholic beverage and dessert. Adults $12 ($15 at door). Children $6 ($10 at door).

Awards for Top Finishers
Chamber of Commerce Gift Certificate prizes for Men & Women's Open Divisions valued at:
First Place: $300
Second Place: $175
Third Place: $100

DIVISION	AWARDS
Open	1-3
Age 29 & Under	1-3
Age 30-39	1-3
Age 40-49	1-3
Age 50-59	1-3
Age 60-69	1-3
Age 70+	1

Print Name _____ Date of Birth _____ Age on Race Day _____ Sex _____

Mailing Address _____

City _____ State _____ Zip Code _____

Phone _____

E-mail for confirmation of entry, updates on event & new s about next year's event _____

I want a T-Shirt (technical) YES / NO

T-Shirt Size (if yes): S M L XL

Important Information **MUST READ & SIGN BELOW!**
In consideration of the acceptance of my entry, I for myself, my executors, administrators and assignees, do hereby release and discharge the MDI YMCA, Eden Athletics, Jack Russell's Steakhouse, Bar Harbor Bank and Trust, and the other sponsors for all claims of damages, demands and actions whatsoever in any manner arising or growing out of my participating in said athletic event. I attest and verify that I have full knowledge of the risks involved in this event and verify that I am physically fit and sufficiently trained to participate in this event. I also understand that the fees are non-refundable/ transferable.

Signature (Parent's if under 18) _____

For registrations postmarked or received **prior to** June 15th:

MDI YMCA Member: $40 =$_____

Non-MDI YMCA Member: $45 =$_____

For Registrations postmarked **after** June 15th:

MDI YMCA Member: $50 =$_____

Non-MDI YMCA Member: $55 =$_____

Friday Night Pasta Buffet (optional):

Adult Buffet Ticket: $12 x _____ =$_____

Youth Buffet Ticket: $6 x_____ =$_____

I would like to donate to the MDI Y (optional): =$_____

Total Amount Enclosed: =$_____

Fee is non-refundable/non-transferable – this is major fundraiser for the MDI Y

Return completed form and make checks payable to:
MDI YMCA
Attn: Half Marathon
21 Park St., Bar Harbor, Me 04609
Lisa Tweedie, Race Director:
207-288-3511, fitness@mdiymca.org

Download course map!
www.mdiymca.org
Click Special Events
Half Marathon