

Saturday, September 19th, 2009 - Start time 8:30am

Mount Desert Island YMCA

FALL 5K

sponsored by

Cadillac Mountain Sports
and Mount Desert Spring Water



Held in Conjunction with the MDI YMCA
Bar Harbor Bank & Trust Half Marathon!

Part of the Edén Athletics -
Jack Russell's Steakhouse
Points Series!



Cadillac Mountain Sports
maine's performance outfitter
www.cadillacmountainsports.com



www.mountdesertspringwater.com

RACE FEATURES: The Fall 5K is held in conjunction with the annual Half Marathon. Both races take place on beautiful Mount Desert Island & Acadia National Park. These events are major fundraisers for the MDI YMCA in Bar Harbor. Proceeds help provide scholarships to individuals who otherwise couldn't afford to participate in Y programs. The challenging course starts and finishes at the MDI Y. The 5k is a professionally timed race on a GPS measured course. The event features mile markers; 1 mile splits; one water stop on the course; refreshments; finish times; and post-race massage therapy. Free t-shirt to the first 50 entrants.

RESTRICTIONS: Because this is an important part of our scholarship program & 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, Sept. 18th, from noon - 7:00pm at the MDI YMCA. PACKET PICK UP NOT AVAILABLE ON RACE DAY: For alternate packet-pick-up arrangements, contact: Lisa Tweedie, Race Director 207-288-3511 x113, fitness@mdiymca.org.

PRE-RACE PASTA DINNER: Friday, Sept. 18th, 5:30pm - 7:30pm. Venue: At a location tba. Delicious buffet dinner. Dinner includes choice of pasta, salad, bread, non-alcoholic beverage & dessert. Adults \$12 (\$15 at door). Children \$6 (\$10 at door).

Awards for top Male & Female Finishers					
Division	Awards	Division	Awards	Division	Awards
Open	1 - 3	Age 20 - 24	1 - 2	Age 40 - 49	1 - 2
Age 13 - 15	1 - 2	Age 25 - 29	1 - 2	Age 50 - 59	1 - 2
Age 16 - 19	1 - 2	Age 30 - 39	1 - 2	Age 60+	1 - 2

Send confirmation of my entry, updates on this event & news about next year's event via email to: _____
print email address clearly!

FALL 5K - ENTRY FORM

Print _____ Age on _____
 Name: _____ Date of Birth: _____ Race Day: _____ Sex: M / F
 Mailing Address: _____ City: _____ Phone: _____

State: _____ Zip: _____

I DO want a t-shirt I DO NOT want a t-shirt
 T-Shirt Size: S M L XL

How did you hear about us? _____

Important - Must Read and 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, Edén Athletics, Jack Russell's Steakhouse, 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 am physically fit and sufficiently trained to participate in this event. I also understand that the fees are non-refundable and non-transferable.

5K 5K 5K 5K 5K 5K & Pre-Race Pasta Dinner	
5K Registration Fee:	
All Participants:	\$10 = \$ _____
Friday Night Pasta Buffet (optional):	
Adult Buffet Ticket:	\$12 x _____ = \$ _____ (# of Adults)
Youth Buffet Ticket:	\$6 x _____ = \$ _____ (age 12 & under) (# of Children)
I would like to donate to the MDI Y (optional):	= \$ _____
Total Amount Enclosed:	= \$ _____

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

Signature

Parent Signature if under age 18

Return completed form & make checks payable to:
 MDI YMCA
 Attn: Fall 5K
 21 Park St., Bar Harbor, ME 04609
 Lisa Tweedie, Race Director: 207-288-3511 x113, info@mdiymca.org

Download Course Map!
 www.mdiymca.org
 Click on Special Events / Half/5K