

Saturday, June 13th, 2009  
4th Annual - Mount Desert Island YMCA

# Spring 10K & 1-Mile FUN RUN



**Race Sponsors...**

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

**EDEN ATHLETICS**  
Mount Desert Island, Maine

**The Spring 10K starts at 10am** and is an annual fundraising event for the MDI YMCA. Proceeds help provide scholarships to individuals who otherwise couldn't afford to participate in Y programs. The race takes place in the beautiful town of Bar Harbor, which is adjacent to Acadia National Park. The course starts and finishes at the MDI Y. Services to runners include mile markers, 1-mile splits, a water station at the halfway mark and refreshments and water at the finish. The 10K is a wheel measured course. **Packet pick up** and race day registration are available from 9:00am - 9:45am.

**The 1-Mile FUN RUN starts at 9:15am** and is a family friendly event that attracts children from newborns in strollers to 12 year olds. All finishers receive a race ribbon, a coupon for a free ice cream cone at Ben and Bill's Chocolate Emporium and a token for a free game of miniature golf from Pirate's Cove in Bar Harbor. The Fun Run is a wheel measured course. Water and refreshments are available at the finish line. **Packet pick up** and race day registration are available from 8:15am - 9:00am.

10K 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
Good Luck!				Race Walking	1

1-MILE FUN RUN AWARDS For top Boy & Girl Finishers					
Division	Awards	Division	Awards	Division	Awards
Open	1 - 3	Age 5 - 6	1	Age 11 - 12	1
Stroller Babe	1	Age 7 - 8	1	Good Luck!	
Age 4 & under	1	Age 9 - 10	1		

**I AM REGISTERING FOR THE 10K**

**I AM REGISTERING MY CHILD(REN) FOR THE FUN RUN!**

Adult t-shirt: S M L XL

Youth t-shirt: M L

First Participant's

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age on Race Day: \_\_\_\_\_ Sex: M / F

Second Participant's

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age on Race Day: \_\_\_\_\_ Sex: M / F

Mailing Address: \_\_\_\_\_ City: \_\_\_\_\_ Phone: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

**Important - Must Read and Sign Below!**

In consideration of the acceptance of my/my child's entry, I for myself, my executors, administrators and assignees, do hereby release and discharge the MDI YMCA, Eden 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/my child's participating in said athletic event. I attest and verify that I have full knowledge of the risks involved in this event and I or my child is physically fit and sufficiently trained to participate in this event. I also understand that the fees are non-refundable and non-transferable.

One registration form per person, please			
10K: If registered <u>before</u> June 1st:	\$12	X _____ (# participants)	= \$ _____
10K: If registered <u>after</u> June 1st:	\$15	X _____ (# participants)	= \$ _____
1-Mi. Fun Run: If registered <u>before</u> June 1st	\$7	X _____ (# of kids)	= \$ _____
1-Mi. Fun Run: If registered <u>after</u> June 1st:	\$10	X _____ (# of kids)	= \$ _____
Total:			= \$ _____
Fee is non-refundable/non-transferable - this is a fundraiser for the MDI Y.			

\_\_\_\_\_  
Signature & Date of Adult Participant

\_\_\_\_\_  
Parent Signature & Date if Participant is Under Age 18

**Return completed form & make checks payable to:**

MDI YMCA, Attn: 10K & Fun Run  
21 Park St., Bar Harbor, ME 04609

Lisa Tweedie, Race Director: 207-288-3511 x113, info@mdiymca.org