



Waldo County YMCA

★ We build strong kids, strong families, strong communities. ★

September 26, 2010

Date: Sunday, September 26, 2010

Location: Belfast Area High School, Waldo Avenue, Belfast, Maine

Course: *Flat as a pancake.* 3.1 miles through the city streets

Race Time: 9:45 a.m. Pancake 5K

Registration: 7:30 a.m. – 9:30 a.m. in Belfast Area High School

Entry Fee: \$15 pre-registration includes race, breakfast, and t-shirt (t-shirt to first 100 registrants)
\$15 race day includes breakfast and race

Mail checks to: Waldo County YMCA, 157 Lincolnville Ave. Belfast, ME 04915

Race Director: Tamera Blades (207) 338-4598 or fitness@waldocountnymca.org

Prizes: Awards to top male & female overall race winners; Drawings for other prizes

Pancake Breakfast: Free to all registered and paid race entrants after the race. Pancake breakfast available for all others for a fee: \$4 per adult and \$3 per child (ages 10 and younger)

Awards ★★★★★ Showers Available ★★★★★ Pancake Breakfast
2010 Pancake 5K Road Race Registration Form (to register - sign form, detach, enclose check and mail to Waldo County YMCA)

Name _____ DOB _____ Age _____ Male _____ Female _____

Address _____ City _____ St. _____ Zip _____

E-mail _____ Phone No. _____

Adult T-shirt size: SM _____ MED _____ LG _____ XLG _____

READ FIRST BEFORE SIGNING

In signing this agreement, I specifically assume all risks of injury arising out of my (my child's) presence on the premises of the Waldo County YMCA, SAD # 34 property, or City of Belfast streets, the use of its equipment or facilities, and my (my child's) participation in its activities, whether on its property or at another location, and for myself and my heirs and assigns to hereby waive, release and agree to hold free from all claims for damages the YMCA and its officers, directors, members, volunteers, employees or agents.

I understand the risks and danger involved in participating in the programs and activities of the YMCA. I certify that I/my child is physically capable of any activity that may injure myself/my child or others.

I hereby authorize the employees of the Waldo County YMCA to call emergency medical assistance and/or perform basic first aid procedures that are necessary in the judgment of the YMCA. I hereby authorize qualified medical personnel to administer necessary anesthesia and medical treatment to myself/my child in the event of an accident or medical emergency.

I give the Waldo County YMCA personnel permission to transport me or my child by bus, van, or personal vehicle. I hereby authorize the YMCA to use photos and/or videos of me/my child/my family in promotional activities.

I have read the agreement and I fully understand its terms, understand that I have given up substantial rights by signing it, and have signed it freely and voluntarily without inducement, assurance or guarantee being made to me and intend my signature to be a complete and conditional release of all liability to the greatest extent allowed by law. In consideration of this entry being accepted, I for myself, my heirs and assigns, do hereby waive and release any rights and claims I may have against sponsors and officials of the 2010 Pancake 5K. I also attest that I am physically fit and trained for this event.

Participant/Parent/Guardian Signature _____ Date _____





Waldo County YMCA Belfast, Maine Pancake 5K 17th Annual Roadrace

Date: Sunday, September 26, 2010
Location: Belfast Area High School,
 Waldo Avenue, Belfast, Maine
Race Time: 9:45 a.m. Pancake 5K
Registration: 7:30 a.m. – 9:30 a.m.
 in Belfast Area High School
Course: *Flat as a pancake!!!*
 3.1 miles through the city streets

- **RACE START** Route 1 overpass by B.A.H.S.
- Proceed down Waldo Avenue
- Turn right on to Main Street
- Turn left on to Cedar Street
- Proceed down Cedar Street
- Turn left on to Penobscot Terrace
- Turn left on to Northport Avenue
- Turn left on to Church Street
- Turn left on to Park Street
- Turn right on to Court Street
- Proceed down Court Street
- Turn left on to Franklin Street
- Turn right on to Cedar Street
- Turn right on to Main Street
- Turn left on to Waldo Avenue
- Proceed down Waldo Avenue
- **RACE ENDS** at B.A.H.S.

