



2012 Registration Form

Greater L-A Triple Crown 5K Series

presented by Maine Orthopaedic Foundation

www.triplecrown5k.com

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

E-mail _____

Date of Birth ____/____/____ Age on 6/9/12 ____
Month Day Year

Please Circle: Male Female | Runner Walker

Shirt Size (gender specific) S M L XL

Is this your first 5K? Yes No

REGISTRATION

TRIPLE CROWN (Covers all three 5Ks)

\$55 (\$65 on June 9) \$ _____

YMCA FIT FEST

\$20 (\$25 on race day, June 9) \$ _____

EMILY'S RUN

\$20 (\$25 on race day, July 22) \$ _____

L-A BRIDGE RUN

\$20 (\$25 on race day, Aug. 26) \$ _____

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

A-L YMCA Fletcher Foundation Bridge Run Foundation

Donation amount \$ _____

GRAND TOTAL \$ _____

Please make check payable to: L-A Triple Crown Series

Mail to: Auburn-Lewiston YMCA

62 Turner Street
Auburn, ME 04210

EVENT INFORMATION

YMCA FIT FEST

Saturday, June 9 at 9 a.m.
Festival Plaza, Main St., Auburn

EMILY'S RUN

Sunday, July 22 at 9 a.m.
Edward Little H.S., 77 Harris St., Auburn

L-A BRIDGE RUN

Sunday, Aug. 26 at 9 a.m.
Rollodrome, 12 Riverside Dr., Auburn

Each 5K is capped at 800 participants and offers USATF certified courses, chip-timing, food, refreshments, music, prize drawings and free apparel to first 300 registrants. A free Auburn Firefighters Local 797 Kids' Fun Run will precede each 5K at 8:15a.m. The run is free to all youngsters and registration will take place on race day.

Awards to top male and female finishers in each race and top-3 in each age category (10 & under, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and over). Special awards to top-3 male and female overall Triple Crown finishers.

TO BE ELIGIBLE FOR TRIPLE CROWN RECOGNITION AND AWARDS YOU MUST REGISTER FOR THE TRIPLE CROWN. YOUR AGE ON JUNE 9 WILL DETERMINE YOUR AGE GROUP. PARTICIPANTS WHO REGISTER FOR INDIVIDUAL RACES WILL BE ELIGIBLE FOR INDIVIDUAL RACE AWARDS ONLY. DEADLINE FOR TRIPLE CROWN REGISTRATION IS JUNE 9.

Registrations are non-refundable and non-transferable.

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, video 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 _____