

2020 Registration Form

presented by Central Maine Orthopaedics | www.triplecrown5k.com



REGISTRATION

NAME _____

ADDRESS _____

CITY _____ STATE _____

PHONE _____

E-MAIL _____

DATE OF BIRTH _____

Shirt Size (gender specific): Adult: S M L XL
 Male Female Youth: S M L

Please check for which event: (\$10 each shirt during registration)
 YMCA Fit Fest Emily's Run L-A Bridge Run

Team Name: _____
 (5 runner minimum; each runner must fill out a registration form)

Participating as a: Runner Walker

Triple Crown (Covers all three 5K's) \$ _____
 \$45 until 3/31/20, \$50 4/1-6/6/20
 \$60 on race day of YMCA Fit Fest
 Free for all children ages 14 and under

YMCA Fit Fest \$ _____
 \$20 (\$25 on race day)
 Free for all children ages 14 and under

Emily's Run \$ _____
 \$20 (\$25 on race day)
 Free for all children ages 14 and under

L-A Bridge Run \$ _____
 \$20 (\$25 on race day)
 Free for all children ages 14 and under

5K Race Shirt Quantity _____ \$ _____
 \$10 each

Triple Crown Race Hat Quantity _____ \$ _____
 \$20 each

If you would like to make a donation please check recipient & indicate donation amount:

Auburn-Lewiston YMCA \$ _____
 Fletcher Foundation \$ _____
 Bridge Run Foundation \$ _____

GRAND TOTAL \$ _____

YMCA FIT FEST

Sunday, June 7 at 8:30 a.m.
 Festival Plaza, Main Street, Auburn

EMILY'S RUN

Sunday, July 19 at 8:30 a.m.
 Edward Little High School, 77 Harris Street, Auburn

L-A BRIDGE RUN

Sunday, August 23 at 8:30 a.m.
 Rollodrome, 12 Riverside Drive, Auburn

Auburn Firefighters Local 797 FREE Kids' Fun Run precedes each 5K at 8:00 a.m. Registration takes place on race day.



Each 5K is capped at 800 participants and offers USATF certified courses, chip-timing, food, refreshments, music, and prize drawings. Shirts can be purchased at time of registration for an additional cost.

Awards are given to the top 3 male and female finishers in each race and to the top 2 in each age category. Awards are also given to the top 5 male and female overall Triple Crown Winners and to the top 2 Triple Crown finishers in each age category. Visit www.triplecrown5k.com for more information.

All 5K participants that complete the Series will be eligible for Triple Crown recognition. If you do sign up for all three races separately it is imperative that the information entered on the registration form is exactly the same each time you register otherwise you may be missed as a Triple Crown participant.

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 _____