

4th Annual Pumpkin Run

Saturday, October 30, 2010

Yarmouth High School, West Elm Street,
Yarmouth, Maine

Benefit for the Yarmouth Food Pantry



- 5K Walk and Walk with Dogs- 8:30 a.m.
- 5K Run (13 + years) and Dog Run (Dogs must run on leash with registered owner and start in the back) – 9:00 a.m.
- 1K Kids Fun Run (12 years and under) – 10:15 a.m.
- Registration Fees: \$20 for 5K/ \$10 for 1K/\$45 for a Family*(does not include dogs) \$10 for Dogs**
- Prizes to top finishers: Top 3 Open/Top 3 Masters (40+)/Top 3 Girls (12 and under)/Top 3 Boys (12 and under)
- Prizes for best costumes: Adults, Kids, Best Team Costume
- T-shirts to all runners who pre-register by October 14th
- Register via mail or in person at *Yarmouth Community Services*, 200 Main Street, Yarmouth, ME 04096 (846-2406) or online at <http://tiny.cc/pumpkinrun> Please make checks payable to *Town of Yarmouth*
- Race day registration and packet pick up starting at 7:30 a.m. at the rear entrance to YHS

Last Name _____

First Name _____ 1 K__ or 5K__ Age ___ Gender ___

Shirt Size: Adult (S, M, L, XL, XXL) _____ Youth (XS, S, M, L, XL) _____

First Name _____ 1 K__ or 5K__ Age ___ Gender ___

Shirt Size: Adult (S, M, L, XL, XXL) _____ Youth (XS, S, M, L, XL) _____

First Name _____ 1 K__ or 5K__ Age ___ Gender ___

Shirt Size: Adult (S, M, L, XL, XXL) _____ Youth (XS, S, M, L, XL) _____

First Name _____ 1 K__ or 5K__ Age ___ Gender ___

Shirt Size: Adult (S, M, L, XL, XXL) _____ Youth (XS, S, M, L, XL) _____

Dog Name _____ ** Owner Name _____

Address _____ City _____ State ___ Zip _____

E-Mail or Phone # _____

In consideration of this entry being accepted, I for my heirs, executors, administrators, waive and release any and all claims of personal damages I may have against the organizers and sponsors of this event and I attest and verify that I am physically fit and have trained to compete safely in this event. I also give permission for the use of my name and picture in any broadcast, release or print media accounting of this event.

Signature (Parent if under 18) _____

* Family pack for immediate family in same household ** Dogs must be registered with owner and on a 6' leash to run the course

**YARMOUTH
COMMUNITY
SERVICES**



**YARMOUTH
ROTARY**

**MAINE
RUNNING
COMPANY**

