

GENERAL WAIVER, RELEASE, AND MEDICAL FORM

All Participants must sign and return with Registration and Payment (One waiver per person)

The undersigned, a participant in the 5K Race offered by Belgrade Regional Conservation Alliance, warrants and agrees as follows:

1. I acknowledge that the 5K Race involves strenuous physical activity and perhaps a risk of injury.
2. I certify that to the best of my knowledge, I am physically capable of participating in this event and have no physical condition which will be aggravated by the activity or which will impair my ability to participate in and withstand the activities.
3. As a participant in the 5K Race, I hereby represent that all equipment I use in the event is in good working condition and that I will wear all required safety equipment.
4. I will conduct myself in a safe and prudent manner.
5. In consideration for accepting me as a participant, I assume all risk of damage or injury which may be suffered by me as a result of my participation in the 5K Race, and agree that the Belgrade Regional Conservation Alliance, their agents and employees, supporters and sponsors, will not be liable for any damages directly or proximately caused by any act, happening or event. I, for myself, my heirs, executors, administrators and representatives, do hereby agree and absolve and hold harmless the Belgrade Regional Conservation Alliance, its sponsors, supporters, volunteers, employees, and any other parties connected with this event in any way.

Print Name _____

Telephone (____) _____

In case of emergency, Name and Phone Number of friend, relative or physician:

(____) _____

Medical conditions of Importance ____ (Y) ____ (N)

Signature _____



**BELGRADE
REGIONAL
CONSERVATION
ALLIANCE**

P.O. Box 250, Belgrade Lakes, Maine 04918
207.495.6039
www.belgradelakes.org



The 5K Race for the Lakes is hosted by the lake associations for East Pond, Great Pond, Long Pond, McGrath Pond and Salmon Lake, Mesalonskee Lake, and North Pond, working together as the **Belgrade Regional Conservation Alliance Lake Trust**. Lake Trust programs include Courtesy Boat Inspections, Invasive Plant Surveys, the Conservation Corps, and a Working Group to improve and stabilize water quality by limiting Phosphorus enrichment of our lakes.



3RD ANNUAL 5K RACE

SATURDAY SEPTEMBER 4TH



**BELGRADE
REGIONAL
CONSERVATION
ALLIANCE**

Happening at:

Point Road from Camp Runoia
Belgrade Lakes Village

For More Information:

www.belgradelakes.org
Mary Kerwood at 207-495-6039



SATURDAY, SEPTEMBER 4th

6:30 to 7:45 am 5K Registration
Camp Runoia

8:00 to 8:40 am 5K RACE FOR THE LAKES
Timed Road Race
Safe, rolling course, Out and Back
from Camp Runoia
Food and Great Prizes!

8:45 to 9:00 am 5K Award Ceremony
Overall Men and Women, 1,2,3
Mens and Womens in six age
categories. Camp Runoia

We hope you will join us on our officially certified 5K race course through the beautiful Belgrade Lakes Region. We had a great turn out last year and we hope to have an even bigger group of runners this year.

WHAT IS THE 5K RACE? A community-wide event to raise funds for protecting water quality and improving public enjoyment of the seven Belgrade lakes for the benefit of all who live, work, visit, and play in the thirteen towns of the Belgrade Watershed. The Race for the Lakes 5K is sponsored by the lake associations for East Pond, Great Pond, Long Pond, McGrath Pond, Messalonskee Lake, North Pond and Salmon Lake, working together as the Lake Trust of the Belgrade Regional Conservation Alliance.

MAP



To Camp Runoia (420 Point Road, Belgrade):

From Waterville: Take Route 11 west to Route 27 in Belgrade. Turn right onto Route 27 north. Go 2.3 miles. Turn right onto Point Road. Go to end and enter stone gates. Park in field on left. See parking attendant.

From Augusta: Take Route 27 north. Go 1.9 miles beyond Christy's store. Turn right onto Point Road. Go to end and enter stone gates. Park in field on left. See attendant.

From the north: Take Route 27 south through Belgrade Lakes Village. Go approximately 1 mile. Turn left onto Chandler Road. Go to end. Turn left onto Point Road. Go to end and enter stone gates. Park in field on left. See parking attendant.

5K RACE FOR THE LAKES
REGISTRATION

Complete this form and the General Waiver on back.

Mail with check to: BRCA, PO Box 250,
Belgrade Lakes, ME 04918

Or Register online: www.belgradelakes.org

Please submit one form per participant!

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Tel: (____) _____

E-Mail: _____

DOB: _____

T-shirt Size:

___Sm ___Med ___Lg ___XL

Race Fee:

\$15.00 before 8/27/10 (Includes T-shirt)

\$18.00 on Race Day (No T-shirt)

Race Fee: \$_____

Donation for the Lakes: \$_____

Total Enclosed: \$_____

FOR MORE INFORMATION

Mary Kerwood, BRCA, (207) 495-6039

www.belgradelakes.org

brca@gwi.net