



# SEPTEMBER STAMPEDE 5K

Come to the Sanford-Springvale YMCA for a fun family event! All proceeds benefit YMCA youth programs. For more information call the YMCA (207) 324-4942 or Bob Randall (207) 490-1386

**WHAT:** 5K walk/run. And Kids Race: ¼ mile for 0-6 yrs, ½ mile for 7-10 yrs

**WHEN:** Sunday, September 11, 5K @ 9am. Kids Race begins @ 8:30am

**WHERE:** Sanford-Springvale YMCA, 1 Emile Levasseur Drive, River St, Sanford, ME

**DIRECTIONS TO YMCA:** From North RT 95: Biddeford Exit to RT 111 West. Travel approximately 15 miles. Turn right on Rt. 224, by John Deere Store. Turn left at next light. YMCA will be on right side of the road. From South. Maine Turnpike: Exit Wells to RT 109 West. Sanford at the middle of town. Turn right at lights onto Washington Street. 2 miles YMCA will be on your left.

**COST:** \$10 pre-registration, \$12 Race Day. Free Kids Race  
First 125 participants in the 5K race will receive a shirt!

**AWARDS:** CASH- 1ST Male & Female, Awards top two place winners of: under 14, 5 year age groups from 15 to 69, 70 –79, 80 and up

**MAKE CHECKS PAYABLE TO:** Sanford-Springvale YMCA P O Box 249 Sanford, ME 04073

---

First Name \_\_\_\_\_ Phone \_\_\_\_\_ Age\_\_ Sex\_\_ 5K\_\_ Fun Run\_\_

Last Name \_\_\_\_\_

Street \_\_\_\_\_ City \_\_\_\_\_ State\_\_ Zip\_\_\_\_\_

I know that running/walking a run is a potentially hazardous activity. I should not enter and participate unless I am medically able and properly trained. I agree to abide by any decision of an official relative to my ability to safely complete the event. I assume all risks associated with this event including, but not limited to, falls, contact with other participants, and the effects of the weather, traffic, and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for anyone and myself entitled to act on my behalf, **waive and release the Sanford-Springvale YMCA, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.**

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_  
(PARENT’S SIGNATURE IF UNDER 18)