



MUSTANG 10K/5K/1 MILE WALK

FIRST ANNUAL FUNDRAISER FOR MUSTANG LITTLE LEAGUE FOOTBALL AND HOPE FOR THE WARRIORS

Registration Form

Name: _____ Sex: _____ Age on Race Day: _____

Address: _____ City, State, Zip: _____

Email: _____

Phone: _____

Please Circle: 10K 5K-Run 5K-Walk 1-mile Fun Run/Walk

Shirt Size (For 10k and 5K only): S M L XL XXL

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am qualified, in good health, medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event, including, but not limited to, falls, contact with other participants, the weather, traffic and conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, in consideration of your accepting my entry, I for myself, and everyone entitled to act upon my behalf, waive and release the Mustangs, the City of Franklin, HeaveHo Promos and Hope for the Warriors, and South Hampton Roads YMCA, race officials, volunteers and all sponsors, their representatives and successors from all claims or liabilities arising out of my participation in this event.

Signature _____ Date: _____

Parent Signature (if under 18): _____

PARTICIPANTS IN THIS EVENT WILL RECEIVE A FREE 1-WEEK PASS TO THE SOUTH HAMPTON ROADS FAMILY OF YMCA'S.

RECIPIENTS WILL RECEIVE A PASS ON THE DAY OF THE EVENT THAT WILL BE VALID FROM SEPTEMBER 22 – SEPTEMBER 30, 2012.

PARTICIPANTS WILL RECEIVE A 10K OR 5K TRAINING SCHEDULE VIA EMAIL.

Mail Registration Form and money to:
Rob Carter
Mustang Football
31068 Country Club Road
Franklin, VA 23851

Make checks payable to:
Mustang Little League Football Inc.



For questions, please contact:
Rob Carter: 757-569-8415 or pops3x@verizon.net or
Jane Riddick-Fries: 757-653-9118 or jfries@feridies.com



FRANKLIN MUSTANG FOOTBALL

FIRST ANNUAL 10K/5K/1 MILE WALK



SATURDAY, SEPTEMBER 22ND, 2012 AT 8:00 AM

DOWNTOWN FRANKLIN, VIRGINIA

Fees:

10K

Includes T-Shirt, YMCA Pass, and Training Schedule

Adults 18 and Over: \$25.00

Under 18: \$20.00

5K

Includes T-Shirt, YMCA Pass, and Training Schedule

Adults 18 and Over: \$20.00

Under 18: \$15.00

Under 18 (No T-Shirt): \$10.00

1 Mile Walk

Includes YMCA Pass and Training Schedule (No T-Shirt)

All Ages: \$5.00

Divisions:

10K and 5K Divisions Male and Female:

12 and Under

13-15

16-19

20-24

25-35

36-45

46-55

56-65

65 and Over

1 Mile Walk

Top 3 Finishers

Schedule and Awards:

7:00-7:30: Late Registration

8:00: Opening Ceremony/10K Begins

8:15: 5K Begins

8:30: 1 Mile Begins

10:30: Awards at Barrett's Landing with Guest Speaker:

Cpl. Manuel Jimenez, Purple Heart Recipient

11:00-3:00: James L. Camp Jr. YMCA's Get Active Day

(Activities for all ages, open to everyone)

MC: Coast to Coast Entertainment

PROCEEDS TO BENEFIT MUSTANG FOOTBALL AND HOPE FOR WARRIORS

