



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

