



MUSTANG STAMPEDE | 5K RUN/WALK

Benefits MOT Charter School
OCTOBER 8th, 2009



- When:** Thursday, October 8, 2009, 5:30 pm, Rain or Shine. *Registration starts at 5:00 pm.*
- Where:** LEVELS PARK - Across from MOT Charter School - off of Levels Road, Middletown, DE.
- Course:** Course is relatively flat, fast, paved loop.
- Registration:** \$15 until October 1st, \$20 after and on event day. One entry form required for each participant. Make checks payable and mail to MOT Charter PTO, 1156 Levels Road, Middletown, DE 19709. Contact Kelley Bowen, 302-376-8925 or email: nikzakmaddiewak@msn.com
- Awards:** Awards for overall male and female winners and top 3 male and female runners in these age groups starting at 5-8, 9-12, 13-16, 17-20, 21-30, 31-40, 41-50, 51 & up. 5K walk awards to top 3 male and female finishers.
- Benefits:** Proceeds will help build a new 18,000 sq ft addition, including a gymnasium, library and additional classrooms to serve MOT Charter School and the greater MOT community.
- Finish Line:** Finish Line managed by the **MOT Running Company** *"Helping you put your best foot forward"*

ENTRY FORM

WAIVER AND RELEASE OF LIABILITY: I know that running/walking a road race is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I assume all risks associated with running/walking this event including but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, extreme cold, the condition of the road and traffic on the course, 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 to participate in the Mustang Stampede 5K Run/Walk, I, for myself and anyone entitled to act on my behalf, waive and release MOT Charter School, the Village Gym, Valero Delaware City Refinery, the MOT Running Club, the Town of Middletown, the State of Delaware and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I hereby give my permission to the event organizers and sponsors to use my name and/or picture in any publication, broadcast, telecast or other account of this event without limitation or obligation of further compensation thereof. By signing this waiver and release I certify that I fully understand its significance.

Age Day of Race _____ (Please Circle One) Sex: M F T-shirt Size: YS YM YL S M L XL XXL

Print Name: _____ Email: _____

Address: _____
(Street or P.O. Box) City State Zip

Phone: (_____) _____ (Please Circle One) 5K Run 5K Walk

Signature: _____

(Signature of parent or guardian if entrant is under 18)

We discourage unofficial entrants, strollers, roller blades, bicycles, participating with animals and the wearing of headphones for the safety of all participants.