



The Second MAC Cross Country Challenge aka PUNKS v. GEEZERS

When:	Sunday, November 22 – first race at 3pm, second race starting at 3:15 if necessary (depends on how many folks show up for this little fiasco)
Where:	Lum’s Pond Area 1 – there is a fee to enter the park (unless you have an annual pass)
Event:	5k Cross Country race, team event pitting college age and younger versus ‘seasoned’ runners, using traditional xc scoring. You do NOT need to be on a team to compete.
Registration:	There is no fee to current Middletown Athletic Club members. Non-MAC members are \$5.00 each OR just join the darned club for 2010! Club apps will be available on race day or at www.macrunning.com . Contact andrew.wfr@verizon.net for more details.
Awards:	Bragging rights and maybe those sweet cookie medals for the top finishers.
Amenities:	The bathrooms SHOULD be open in area 5. Lots of grass and mud in your teeth. Post-race tailgate party if the weather allows (bring your own picnic basket). This is truly a no-frills race!

-----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 MAC Cross Country Challenge, I, for myself and anyone entitled to act on my behalf, waive and release Premier Physical Therapy and Sports Performance, LLC, the Middletown Athletic Club, Lum’s Pond State Park, the State of Delaware and all affiliates, 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 affiliates 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 on Race Day _____ Sex: M F Punk () -OR- Geezer ()

Print Name: _____ Email: _____

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

Phone: () _____

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.