



# 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**





**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:

*Franklin 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