



***“Run for Our Soldiers”
Sun. April 26, 2009***

5K Run/Walk & 1-Mile Family Walk

When: 1 Mile Family Walk - 9:30 a.m.
5K Run / Walk - 10:00 a.m.
Check-in & Race Day registration opens at 8:00 a.m.
Rain or Shine

Where: Middletown High School (MHS)
120 Silver Lake Rd.
Middletown, DE 19709

Benefits: Our soldiers returning from Iraq & Afghanistan suffering from **Post Traumatic Stress Disorder (PTSD)**

Price: One Mile Family Walk: \$30
5K Run / Walk: \$20

Course: 5K Run is for runners & walkers (open for all ages)
Strollers welcome ♦ No dogs, bikes or skateboards please

Awards: Trophies will be awarded to the top overall male & female. Prizes
Awarded to top 3 male / female runners in the following ages:
12 & under, 13-18, 19-29, 30-39, 40-49, 50-59, 60 & up

**For information or an entry form contact:
Brad Soviak at (302) 376-9380 or bradsoviak@yahoo.com**

Run for Our Soldiers

5K Run/Walk & 1 Mile Family Walk

Sunday, April 26, 2009

(Rain or Shine)

Middletown High School
120 Silver Lake Rd.
Middletown, DE 19709

Registration: 8:00 a.m.
5K Run/Walk - 10:00 a.m.
1 Mile Family Walk - 9:30 a.m.

Entry Fees:

One Mile Family Walk: \$30
5K Run / Walk: \$20

Trophies will be awarded to the top overall male and female finishers. Also, awards will be provided to the top 3 male and female runners in the following age categories: 12 & under, 13-18, 19-29, 30-39, 40-49, 50-59, 60 & above and to the top 3 Walkers of the 5K

Amenities: T-shirts will be given to the first 100 participants. Ample parking, bathrooms, and water are also available.



The purpose of the "Run for Our Soldiers" 5k run/walk is to raise money for those soldiers suffering from Post-Traumatic Stress Disorder. Proceeds from the event will be donated directly to the Veterans Administration (VA) Center in an effort to support our veterans.

For more information, contact Brad Soviak at home: 376-9380 or by email: bradsoviak@yahoo.com.

"Run for Our Soldiers" 5K Run/Walk and 1 Mile Family Walk 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 conditions 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 "Run for Our Soldiers" 5K Run/Walk, I, for myself and anyone entitled to act on my behalf, waive and release all sponsors, officials, contributors, organizers, volunteers and beneficiaries or their successors and assignees from all claims or liabilities of any kind whatsoever suffered by me as a result of participating in the event and/or any related activities. 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 limitations or obligation of further compensation thereof. By signing this waiver and release I am signifying that I fully understand its significance.

Age Day of Race _____ Gender: ___ M ___ F T-shirt Size: ___ SM ___ Med ___ Lg ___ XL

Name (print) _____ Phone: () _____ Email _____

Address: _____ City: _____ State: _____ Zip: _____

Event (Please check): ___ 5K Run / Walk: \$20 ___ 1 Mile Family Walk: \$30 Total Enclosed \$ _____

Make checks payable and mail to: **Middletown High School / "Run for Our Soldiers" 5K Run/Walk**
 Attn: Stacy Mile
 120 Silver Lake Rd.
 Middletown, DE 19709

Contact Brad Soviak at bradsoviak@yahoo.com
 or phone (302) 376-9380 if you have any questions.

Signature: _____ Parent Signature (if under 18): _____