

Entry Form

Name

Address

City/State/Zip

Email Address

T-shirt Size: S M L XL

We will do our best to accommodate your size choice, but the order must be placed well ahead of race day, so we can't guarantee size availability. Shirts are 50/50 blend. One t-shirt per entry form.

Competitive runners:

Race Day Age _____ Male/Female

Entry fee of \$15 for all age categories with early registration. Entry fee will be \$20 on race day. Students may submit an individual entry for \$15, or one student can be added to an adult entry for \$5.

Student Name

Race Day Age _____ Male/Female

For more information:
www.bmspta.org
help@bmspta.org

WAIVER Release of Liability (Must be signed)

I know that running/walking a race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the event. I assume all risks associated with participating in this event including but not limited to: falls, contact with other participants, effects of the weather including cold and high heat, conditions of the race course, all such risks being known and appreciated by me. I understand that no insurance covering accident or injury has been provided for participants, and that arrangement for such insurance would have to be made individually by the undersigned.

Having read this waiver and knowing these facts and in consideration of you accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the following: Bennett Middle School, Bennett Middle School PTA, Wicomico County Board of Education, Wicomico County Recreation Parks and Tourism, Wicomico County, its agents, officers and employees, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I understand and waive even though liability may arise out of carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, recordings or any other record of this event for any legitimate purpose.

Signature (Parent if under 18)

Date

Bennett Middle School PTA Presents The Viking 5K Run/Walk



Please join us in our effort to promote exercise and fitness in our school community.

Saturday, March 29th, 2008

Pemberton Historical Park
Salisbury, MD
www.pembertonpark.org

9:00 AM: Race day registration & sign-in

10:00 AM: 5K Run starts with walkers to follow.

Entry Fee
\$15 for early registration
\$20 on race day
\$5 for student with paid adult entry
Free Viking 5K T-shirt to first 100 entries.

Submit entries with checks payable to:
BMS PTA
200 E. College Ave.
Salisbury, MD 21804



The **Viking 5K Run/Walk** will take place on a challenging and scenic course through the woodland trails of Pemberton Historical Park. The race will begin next to the orchards of Pemberton Hall. The first mile along the Bell Island and Osprey Trails will provide participants with views of the Wicomico River. The second mile will take runners on a section of the Handy Hall Trail which is part of an historic road that once led to Salisbury from the plantation. The final leg of the course follows the Woodland Trail with occasional views of the pond on the way back to the finish at Pemberton Hall.

Following the finish of the 5K Run, Bennett Middle School students will be invited to participate in a 1 Mile Fun Run on the loop of the Handy Hall Trail.

Maps of both courses are available on the PTA web site at www.bmspta.org.

Directions to Pemberton Park can be found at www.pembertonpark.org.

Sponsors

Kohl's

Robinson's Jewelry and Clock
Store

Salisbury Physical Therapy
and Sports Medicine

Robinson's Salisbury Pewter
and Silver

BMS PTA would like to thank the sponsors of the Viking 5K Run/Walk for their support.

If your business is interested in becoming a sponsor for this event, please call John Harris at 410-708-8052, or send an email to help@bmspta.org.

Everyone is invited to the Viking 5K.

BMS PTA encourages participants of all ages and ability levels to participate in the Viking 5K Run/Walk. Proceeds from the event will benefit the students and teachers of Bennett Middle School through the support of BMS PTA and our programs to encourage student success and attendance. BMS PTA also provides support to teachers and staff for supplies and equipment along with events to show our appreciation for their dedication to the students of Bennett Middle School.

Bennett Middle School PTA would like to thank you for participating in the Viking 5K Run/Walk. The first 100 entries will receive a Viking 5K t-shirt. BMS PTA will provide water stations at the midpoint and finish of the 5K course. We will also have healthy snacks at the finish line for participants.

Competitive Runners

The competitive portion of the Viking 5K Run will be timed by the Eastern Shore Running Club race clock. Cash prizes will be awarded to the top overall male and female winners. Top finishers in eight age categories will also be recognized: 12&U, 14&U, 15-18, 19-29, 30-39, 40-49, 50-59 and 60+.

**Bennett Middle School PTA hopes you
enjoy the Viking 5K Run/Walk.
www.bmspta.org**