



9th Annual Mustang 5K Road Race



Run—Walk—Jog—Crawl
Saturday September 17th, 2015
10:00 A.M.

Race Day Registration: 8:30-9:45 A.M.
Massabesic High School
88 West Road
Waterboro Maine

Come join us for the 9th annual Mustang 5K Road Race this fall. Enjoy a fast 3.1 mile course with a finish on the BRAND NEW TRACK in Ronco Stadium at Massabesic High School. This event is open to all. There will be prizes and refreshments available after the race so come run, walk, jog or crawl. Get some exercise and support the Massabesic High School Cross Country Team.

Mail Registration and entry fee (\$15.00) to:
Mustang 5K Road Race
Massabesic High School
Attn. T.J. Hesler
88 West Road
Waterboro, ME 04087

T-Shirts to the first 100 registrants!!!!
Make checks payable to Massabesic High School
Questions-call T.J. Hesler at 310-8987 or
email thomashesler@rsu57.org

I know that running a road race is a potentially hazardous activity. I should not enter and run the race unless I am medically able and properly trained. I agree to abide by any decision of the race officials relatives to my ability to complete the race. I assume all risks associated with running this event including but not limited to falls, contact with other participants, the effects of weather, including high heat and/or humidity, rain and/or wind, traffic and the conditions of the road all such risks being known and appreciated by me having read the 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 Mustang 5K, Massabesic High School, volunteers, race officials, and sponsors of all claims and/or liabilities of any kind arising from my participation in this event. I also understand that there are no refunds. For safety's sake, no headsets, strollers, or dogs allowed.

Name: _____ date of birth _____
Age: _____ Gender _____ RSU 57 employee?? (check if yes) _____
Street Address: _____ City/Town _____
State: _____
Zip Code: _____ T Shirt Size: S M L XL XXL

signature
date

parent's signature if under 18

