

12th Annual E-Racing the Blues© 5k Run/Walk 10k Run



10K State Championship Race

DATE:	Sunday, October 26		
TIMES:	Registration opens 7:30 am	10K Run starts 8:30	5K Run starts 9:45
	5K Competitive Walk starts 9:50	5K "fun" walk starts 9:55	
	Dravo Plaza, Wilmington Riverfront, Wilmington DE		
COURSE:	10K and 5K - USATF Certified – Start and finish at Dravo Plaza Chip Timing by Mid Atlantic Timing		
FEES:	10K Run - \$30 pre-registration (by 10/21)	\$35 race day registration	
	5K Run/Walk - \$25 pre-registration (by 10/21)	\$30 race day registration	
AWARDS and PRIZES:	10K Run, 5K Run, and 5K Competitive Walk - Overall male and female, Top 2 male and female in 10 year age groups - 13 and under through 70 and over. Top fundraiser and team captain with most members.		
AMENITIES:	Entertainment, refreshments, exhibitors. The first 750 participants receive long-sleeve race T-shirts		
REGISTRATION:	Pre-registration for individuals and teams available online at www.eracingtheblues.org or by requesting registration forms from MHA. To pay by check, mail with form to MHA, 100 W. 10 th St., Suite 600, Wilmington, DE 19801		
INFORMATION:	For more information, contact MHA at (302) 654-6833 or on www.mhainde.org		

I am unable to attend but have enclosed a donation.

Name: _____ Age on day of race: _____ Gender (circle): M F
Street Address: _____ City: _____ State: _____ Zip: _____
Home phone: _____ Alt. phone #: _____ E-Mail address: _____
Team Captain's name (if applicable) : _____
Event(s) (circle): 10K Run 5K Run 5K Competitive Walk 5K "FUN" Walk
T-shirt size (circle): S M L XL XXL
Total Payment: _____
Payment options (circle): check M/C Visa Discover AMEX Card acct#: _____ Exp. date: _____

In consideration of this entry being accepted, I, intending to be legally bound, hereby for myself, my heirs, executors, administrators, waive and release any and all rights I may have against the organization holding this event, its agents, representatives, successors, and assigns for any and all injuries suffered by me at said race. I also hereby grant MHA the right to take and use photographs or video of me taken at this event.

Signature: _____
(Parent's signature required for participant under 18 years old)

**Please discourage unofficial entrants (bandits) from competing in our races. Bandits consume scarce resources and delay or inhibit accurate race results. Unregistered runners/walkers, running with dogs, strollers, rollerblades, bicycles, and the wearing of headphones are prohibited on the race course at any time to ensure runner's and walker's safety and to comply with liability standards. Thank you.*