



**7th Annual Garrett Rehab Services
Mad Dash Walk/Run
For
Southern High School & Northern High School
Athletics Association
September 5th, 2009 - 9:00 am
(Runners / Walkers must register between 7:30am - 8:30 am)**

Course

5K (3.1) Miles
Walk/Run through Oakland, MD

Starts and Ends at:
Garrett Rehab Services
6500 Thayer Center
Oakland, MD

5K Awards

Runners

Top Male and Female Finisher
1st and 2nd Place Male Finishers In Each Age Category
1st and 2nd Place Female Finishers In Each Age Category

Walkers

1st Place Overall
2nd Place Overall

Age Categories: 17 and under, 18-29, 30-39, 40-49, 50-59, 60 and up

****NO DUPLICATION****

All race participants will be entered in our GRAND PRIZE drawing for an Outdoor Extreme Package in excess of \$500.00. The GRAND PRIZE is gift certificates donated form local businesses.

REFRESHMENTS WILL BE PROVIDED AFTER RACE

Mail Entry Forms To:

Garrett Rehab Services
6500 Thayer Center
Oakland, MD 21550

(Make Checks Payable To: MAD DASH)

7th Annual Mad Dash Walk/Run Entry Form

Name: _____ Sex: F / M Age: _____

Address: _____

Phone: _____ T-Shirt Size: S M L XL

Entry Fee: \$15.00 (\$20.00 to Register After August 22nd) _____ Walk _____ Run

Waiver: In consideration of the acceptance of this entry, I waive for myself, my heirs, and assigns, all claims for damages which I might have against the race, its sponsors, or any other organization, business or individual as a result of any and all injuries which might be received during the contest. I also release any photos that may involve myself and also release my name to be used in result lists in papers, radio, or internet.

Signature Required: _____ Date: _____

Parents must sign if runner is under 18 years old