

Dylan's Dinosaur Stomp

3rd
annual



5k Run/Walk *and*
Family Fun Day

Raising
awareness for
MLD, one Stomp
at a time.

THE DYLAN FLINCHUM **Rock On!** FOUNDATION

Saturday, May 10th

Registration: 8:30am

5k Start: 10:00am

Modick Park,
Hopatcong, NJ

Learn more or register online
at DylanRockOn.Weebly.com.

Please join us for the 3rd annual Dylan's Dinosaur Stomp 5K Run/Walk and Family Fun Day. Runners, joggers, walkers, skippers, gallopers, kids and strollers are all welcome. The course starts and finishes in Modick Park with several tough "Hopatcong" hills along the route. Immediately following the race, Family Fun Day begins and promises to be filled with great friends, great fun, great food and great live music! Please spread the word — all are welcome!

There will also be official time keeping and posted race results. Medals will be awarded to the top (timed) male/female runners in 10-year age groups, and the top three male and female runners receive:

- 1st \$100 Gift Card
- 2nd \$50 Gift Card
- 3rd \$25 Sweatshirt

Don't wait! Your registration must be received by April 30.

Fees:

BEFORE MARCH 31:

General Public \$25 / USATF \$22

APRIL 1 – APRIL 30:

General Public \$30 / USATF \$27

RACE DAY: (Cash/Check Only)

General Public \$35 / USATF \$32

- All children under 13 are FREE
- Shirts and bags INCLUDED with early registration, limited availability on race day
- Add-on donations are always welcome!

MAIL-IN REGISTRATION MUST BE RECEIVED BY APRIL 30

Make checks payable to Dylan Flinchum Foundation, 14 Lenape Drive, Stanhope, NJ 07874.

LAST NAME		FIRST NAME	
ADDRESS		CITY	
STATE	ZIP	PHONE	AGE
		<input type="checkbox"/> MALE <input type="checkbox"/> FEMALE	Timed runner? <input type="checkbox"/> YES <input type="checkbox"/> NO
EMAIL ADDRESS		DATE OF BIRTH	
AGE GROUP <input type="checkbox"/> 10-19 <input type="checkbox"/> 20-29 <input type="checkbox"/> 30-39 <input type="checkbox"/> 40-49 <input type="checkbox"/> 50-59 <input type="checkbox"/> 60-69 <input type="checkbox"/> 70-79 <input type="checkbox"/> 80+			
T-SHIRT SIZE & QUANTITY <input type="checkbox"/> 2T <input type="checkbox"/> 3T <input type="checkbox"/> 4T <input type="checkbox"/> YS <input type="checkbox"/> YM <input type="checkbox"/> YL <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL <input type="checkbox"/> XXXL		A participant's shirt included with early registration. Extra shirts are \$10 each.	

\$ _____

TOTAL AMOUNT ENCLOSED

The following must be signed in order to participate in this event:

WAIVER AND RELEASE: In consideration of acceptance of this application and my being allowed to participate in the above Event, I, the undersigned, assume all risks associated with running in this Event, including but not limited to falls, contact with other participants, the effects of weather including extreme cold, snow, ice, rain, traffic conditions of the road, and all such risks being known and appreciated by me. Having read this waiver and knowing of these facts, I for myself, my heirs, executors, administrators and anyone entitled to act on my behalf, hereby waive, release and give up any and all rights and claims to damage I may have against, and agree not to sue The Dylan Flinchum Rock On Foundation, its representatives, employees, officials, including elected officials, consultants or volunteers, all sponsors of the Event, and any others involved in the event for The Dylan Flinchum Rock on Foundation's behalf, and their heirs, successors and assigns, with respect to any and all liability, claims, causes of action arising out of, or related to, any bodily injury, illness, death or property damage I suffer in connection with the Event, even though the liability may arise out of negligence or carelessness on the part of the persons or entities named in the waiver. I confirm that I am in physical condition to participate in this Event. I agree to abide by the guidelines established for the race by The Dylan Flinchum Rock on Foundation, or their representatives. I grant permission to all of the foregoing to use any photograph, motion pictures, recordings or any other record of this event for any legitimate purpose. I ACKNOWLEDGE THAT I HAVE FULLY READ THIS FORM, AND FULLY UNDERSTAND THE TERMS AND CONDITIONS CONTAINED HEREIN, AND UNDERSTAND THAT THIS WAIVER AND RELEASE IS A RELEASE OF ALL CLAIMS.

SIGNATURE OF PARTICIPANT (OR PARENT/GUARDIAN IF PARTICIPANT IS UNDER 18)	DATE

