



# 15<sup>th</sup> Annual Mt. Hebron Viking Backers Viking 5K Walk, Run and Race (and 1 mile Fun Run and Walk)

**\*\*Proceeds Support Student Activities\*\***

**Sunday, April 13<sup>th</sup>, 2008 at 9:00 am**

**Time:** 9:00 am (rain or shine!)

**Course:** Begins on Mt. Hebron's Track, proceeds into surrounding neighborhoods

**Location:** Mt. Hebron High School  
Intersection of Rt. 99 (just west of Rt. 29) and St. John's Lane

**Packet Pick-up/Registration (at Mt. Hebron):** Sat April 12<sup>th</sup> 10am-4pm (lobby)  
Sun April 13<sup>th</sup> 7:30-8:45am (near track)

**Fee:** Pre-registered- \$20(5K), \$15(1 mile)  
Race Day- \$25(5K), \$20(1 mile)  
\*\*\* New: family-friendly cap of \$80 for pre-registered families\*\*\*

**Random Prizes on Race Day:** To be eligible, participants must be present

**Race Info:** Larry Appel, Race Director  
email- lappel1@live.com  
phone- (410) 750-2328

(please print, tear off and mail with your check)

**T-Shirts:** All registered runners and walkers  
(Size not guaranteed for race day registrants)

**Awards For:** Top 2 in each category  
Overall (M&F)  
Age Groups (M&F)  
(U19, 20's,30's,40's, 50's, 60 +up)  
Top Mt. Hebron Students (M&F)  
Top Mt. Hebron Faculty (M&F)  
Top Mt. Hebron Parent (M&F)  
Top Middle Schooler (M&F)  
Top Elementary Schooler (M&F)  
Top Fun Run Finisher (M&F)

**Register By:**  
1) web at [www.active.com](http://www.active.com) (ID 1544158) OR  
2) Mail- Completed Form and Check  
**Mail To-** Viking 5K  
2005 Eliza Dorsey Lane  
Ellicott City, MD 21042

\*Refreshments after Race  
\*\*No Roller Blades/ Bicycles/Strollers  
\*\*\*Family Friendly Cap only available by mail

Last Name		First Name		DOB dd/mm/yy		Age on Race Day		Phone #	
Street Address		City		State		Zip Code			
E-mail Address		Shirt Size (circle one)		Gender (circle one)		Event (circle one)			
		S M L XL		M F		5K 1 Mile			
MTH Student		Middle Schooler		Elem Schooler		MTH Faculty		MTH Parent	
Y N		Y N		Y N		Y N		Y N	

Did an NHS student recommend this race? If yes provide name: \_\_\_\_\_

**Release and Waiver:** In consideration of the acceptance of my entry, I for myself, my executors, administrators and assignees, do hereby release and discharge Mt. Hebron High School, Mt. Hebron Viking Backers, the Race Director, volunteers and sponsors of all claims of damages, demands, actions whatsoever in any manner arising out of my participation in this athletic event. I attest and verify that I have full knowledge of the risks involved in this event, and I am physically fit and sufficiently trained to participate in this event.

**Date:** \_\_\_\_\_ **Signature (Parent if under 18):** \_\_\_\_\_

\*\*\* The family friendly cap means that pre-registered families with 5 or more members pay no more than \$80. Example: if you register 6 runners for the 5k race, you pay only \$80, instead of \$120. This option is only available by mail. It is not available on race day.