

7th Annual
Summer Blood Challenge 5K



www.delmarvablood.org



Date: Saturday, July 18, 2009 **5K Walk/Run and Kids' Fun Run**

Time: 8:30 a.m. (Registration begins at 7:30 a.m.)

Place: Frawley Stadium, 801 South Madison Street in Wilmington

Registration: \$16 by Wednesday, July 15
\$20 day of event

Race course: On the Riverfront in Wilmington. Course begins and ends at Frawley Stadium. Fast and flat!

Awards: Overall male and female, top male and female masters (over age 40)
Top 2 in 5-year age groups 13 & under through 70+
Top 3 male and female walkers

Checks payable to: Blood Bank of Delmarva



Mail entry to: Blood Bank of Delmarva, 100 Hygeia Drive, Newark DE 19713
Attn: Lauren Bacon



- T-shirts to first 700 registrants
- Free Kids' Fun Run
- **Following the race, stick around for refreshments and awards at Frawley Stadium!**
- For information, call Lauren Bacon at 737-8405 ext. 796 (lbacon@bbd.org) or Wayne Kursh at 654-6400. Visit www.races2run.com for additional information.

(detach here)

First Name Last Name

Address

City State Zip

Age _____ Sex: M _____ F _____ Company Name: _____
(Day of race)

Please circle one: 5K Run 5K Walk

Signature _____ Date _____

Please discourage unofficial entrants (bandits) from competing in our races. Bandits consume scarce resources and can delay accurate race results.
To ensure safety and to comply with liability standards, unregistered runners, running with dogs, rollerblades, bicycles and the wearing of headphones are prohibited.
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 this race.