

5th Annual Dorothy's Dash for MS 5K Run/Walk and Kids' K

When And Where

Saturday, November 15, 2008

Flower Mound High School

3411 Peters Colony

Benefits

Net proceeds will benefit the Lone Star Chapter of the Multiple Sclerosis Society in honor of Dorothy Walkup, a former Town of Flower Mound employee who lost her battle with Multiple Sclerosis on November 16, 2004.

Race Day Schedule

7:00 a.m. On Site Registration/Chip Pick-Up Opens

8:00 a.m. Kid's K

8:30 a.m. 5K Run/Walk

Please join us after the race for music, refreshments, and awards.

Categories /Awards

Awards will be given to the male and female winners in the open and masters divisions, as well as the first three finishers in each age category. All Kid's K participants will receive a medal. There will be no duplication of awards.

5K Run – Up to 10, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+.

Registration

Online at www.flower-mound.com/dorothysdash.

Through November 8

Kid's K \$10

5K \$20

After November 8

Kid's K \$15

5K \$25

Mail to:

Flower Mound Parks and Recreation

2121 Cross Timbers Road • Flower Mound, Texas 75028

In Person:

Community Activity Center

1200 Gerault Road • Flower Mound, Texas 75028

ChampionChip Timing

Dorothy's Dash for MS will use the computerized ChampionChip timing system, which records your time precisely from start to finish. Awards will be based on gun time. You need to pick up a loaner chip the morning of the race. You may use your own ChampionChip, however make sure it is entered on your entry form. If you do not wear a chip, you will not be timed and will not be included in any results. All loaner chips must be surrendered at the finish line. You will be responsible for any lost chip.

Packet Pick-Up

Community Activity Center

1200 Gerault Road

Flower Mound, Texas 75028

Thursday, November 13 5 a.m. - 10 p.m.

Friday, November 14 5 a.m. - 9 p.m.

Race Day Pick-Up

Flower Mound High School

3411 Peters Colony

For More Information

To view the course map, get directions to the race, or for information about becoming a sponsor or volunteer for this event, visit www.flower-mound.com/dorothysdash or contact Lisa Adan, Race Director at 972.874.6272 or lisa.adan@flower-mound.com. This course is USATF certified.



5th ANNUAL DOROTHY'S DASH FOR MS OFFICIAL ENTRY FORM

Check No. _____ Amount \$ _____ Race No. (official use only) _____

Last Name: _____ First Name: _____

Age: _____ Date of Birth: ____/____/____

(race day age) (Month Day Year) Sex: (Circle one) M F

Shirt Size: (circle one) Youth M L Adult S M L XL XXL

Address: _____ Phone: _____

City: _____ State: _____ Zip: _____

Email: _____ Personal Chip #: _____

"I know that running or walking a road race is a potentially hazardous activity. I should not enter and run or walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run or walk. I assume all risks associated with running or walking in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release, The Town of Flower Mound, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even if that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. Race will be held regardless of weather conditions. Registration is final, no refunds."

Signature (entrant or parent/guardian if participant is under age 18)

Date

EARLY REGISTRATION

(postmarked by November 8)

Kid's K – \$10

5K Run/Walk – \$20

LATE REGISTRATION

(in person after November 8)

Kid's K – \$15

5K Run/Walk – \$25

Additional donation to MS _____

Total \$ _____

Make Checks Payable To:

Town of Flower Mound

Parks & Recreation Division

2121 Cross Timbers Road

Flower Mound, Texas 75028

Please recycle – Share this Activity and Programs Guide with a friend!



Community Services

2121 Cross Timbers Road

Flower Mound, TX 75028

PRSR STD
U.S. Postage
PAID
Lewisville, TX
Permit No. 899