



26th Annual Mt. Hebron Viking Backers Viking 5K Cross Country Race and 1 mile Fun Run and Walk Sunday, October 7th, 2018 at 9:00 am

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

5K Course: Begins on Mt. Hebron's Track, proceeds into surrounding neighborhood wooded trails, and returns with a loop around the track.
(No Roller Blades/ Bicycles/ Strollers)

Packet Pick-up / Registration

At Mt. Hebron High School:

Fri Oct 5 5-7:30pm, Feet First Columbia
Sat Oct 6 Time 4-7PM MHHS Lobby
Sun Oct 7th 7:30-8:30 am (MHHS Stadium)

Fees:

Registration Fees **	5k	1m
Before Race Day	\$20	\$15
Race Day	\$25	\$20

Mail-Only Registration Specials:

- 1) For families with 3 or more members, there is a cap of \$60 per family (mail together)
- 2) Runners 12 & under \$15
- 3) Teams of 6 or more \$12 each

Door Prizes: All participants are eligible and must be present to win.

Race Info: Mike Bosilovich, Coordinator
Email- MTH.Viking5K@gmail.com
Phone- (410) 696-2873
www- <http://www.vikingbackers.org/viking-5k.html>

T-Shirts: T-shirt for first 120 registered Runners/Walkers (limited sizes)

Awards For: First Place in each category
Overall (M&F)
Age Groups(M&F)(<19, 20's, 30's, 40's, 50's, 60+)
Top Mt. Hebron Students (M&F)
Top Mt. Hebron Faculty (M&F)
Top Mt. Hebron Parent (M&F)
Top Mt. Hebron Alumnus (M&F)
Top Middle School Student (M&F)
Top Elementary School Student (M&F)
Top Novice (M&F, First Time 5K Runners)
Top Fun Run Finisher (age 13 and under, M&F)

Pre-Register By Either:

- 1) On-line:
<http://www.vikingbackers.org/viking-5k.html>

2) Mail - Completed Form and make check
Payable to : **Mt Hebron Viking Backers**
Mail to: Viking 5K, 5046 Stone Hill Drive
Ellicott City MD 21043

(Please print and complete then tear off and mail with your check - payable to: **Mt. Hebron Viking Backers**)

First Name		Last Name		Date of Birth		Age on Race Day		Phone #	
				/ /					
Street Address				City			State		Zip Code
E-mail Address				Shirt Size		Gender		Event	
				S M L XL		M F		5K 1 Mile	
MTH Student	MTH Parent	MTH Faculty	MTH Alumnus	Middle S.		Elem S.		Novice 5K	
Y N	Y N	Y N	Y N	Y N		Y N		Y N	
School / Team Name:							(Official Use)		

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.

Signature (parent if under 18): _____ **Date:** _____

