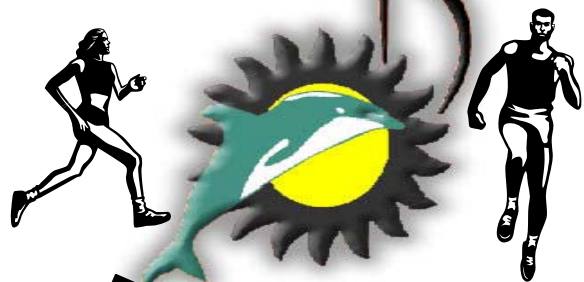


Gifford Middle School Band 13th Annual Dolphin Dash



5K Race and 1 Mile Walk

November 1st 2008
7:30 am Race Start

Riverside Park
Vero Beach, FL

All Proceeds to Benefit:
Gifford Middle School Band

Date: November 1st 2008
6:30 am—registration
7:30 am—race begins
1 mile walk begins immediately after start of 5k run.

Entry Fee:
*\$15.00 Pre-registration
postmarked October 24th
*\$20.00 race day
Entry fees are not refundable

T- shirts for first 150 entrants

Course: Begins and ends at Riverside Park at the Grand Pavilion location.

Location: Located South of the East end of the Merrill Barber Bridge (St. Rd. 60).

Parking: Paved lot across from Riverside Theater and flat, grassy, field west of the lot.

Refreshments: will be served after the 5k.

Trophies:
*Top male and female in each race
*3 deep male and female in 5k for:
9 & under, 10-14, 15-19, 20-24, 25-29, 30-34,
35-39, 40-44, 45-49, 50-54, 55-59, 60-64,
65-69, 70-74, and 75+.

Race Results: by Runner's Depot
Any questions or interested in sponsoring
our event please contact: by October 22nd 2008
Heather MacIntyre
hbmactyre@bellsouth.net or 473-1075

Entry Form

Name _____
Sex _____ Age _____
T-shirt Size (adult sizes)
Small Medium Large Extra large

Address _____
City _____ State _____ Zip _____
Phone _____
Email _____

1 mile Walker _____ Sponsor
5K Runner _____

Make Checks payable to:
GMS BPA (GMS Band Parent Association, Inc.)

Mail Checks and entry form to:
GMS Band Parent Association
4530 28th Court
Vero Beach, FL 32967

I hereby waive any and all claims for myself and my heirs against Gifford Middle School, Gifford Middle School Band Parents Association, Inc., Indian River County School District, and any other sponsor, advertiser, official, or person in the annual Dolphin Dash, for injury or illness which may directly or indirectly result from my participation or my child's participation. I am in proper physical condition to participate in this event. I also give full permission for use of my name and photograph in connection with this event.

Signature (parent if under 18)

_____ Date _____

If you don't want your address and email released to our sponsor, Runnersworld.com, please check here