



R.E.S.P.E.C.T

Mindy VanPelt's 5K Memorial Run & Walk

Saturday, April 7, 2012 @ 9:00

Proceeds: Proceeds will go towards a scholarship in Mindy's name at Mountain Ridge High School for a male and female.

Awards:

Run: All pre-registered runners will receive a t-shirt. T-shirts on race day will be provided while supplies last. Prizes will be given to the top 3 finishers in each age group.



This was written by Mindy's parents' shortly after she passed away.

You finally have your license; all your studying is done. It took 16 years to get here, now your 17, ready for some fun. You listened to the lectures, to the speeches and the words. We tell you to drive safely, please be careful and alert.

The first year is the hardest, they said 1 in 4 will crash, but you don't have to worry, you were first in your class. We thought it would never happen. I hope your friends all see, it's always someone else, that could never happen to me.

When you left school that day and headed down the road, we wish you had paid more attention instead of what was on the radio.

All you did was change the station; your eyes barely left the road. We don't know how it happened, you simply lost control. Your whole life is over, 17 years is not that long.

We wish you had paid more attention; we would still have you here today. Our lives would be so much better, if you wouldn't have looked away,

Love and miss you very much, Mom & Dad

T-Shirt Size: S M L XL XXL (add \$2 for XXL) (circle one) Kid's sizes available upon request with a paid race entry.

Please Check:

5K Run: _____ 1.5 Fun Run/Walk: _____ Children's Dash (8 and Under) _____

Name

Phone

Sex: M F

Address

Age on race day

Waiver: I have trained for this event and release and waive all rights and claims for damages I may have against Queen City Striders and RRCA and their volunteers in participation of this event.

Signature of runner or parent if runner is under the age of 18 Date

Men/Women

9 and under	25-29	45-49
10-14	30-34	50-59
15-19	35-39	60-70
20-24	40-44	70 and up

Fun Run/Walk: Awards will be given to the top 5 males and females.

After the race awards are presented and there will be refreshments available. There will also be a drawing for some nice door prizes, and you must be present to win.

Race will be held at Black Oak Boat Launch. Black Oak Road, Rawlings MD. US 220 South. Across railroad tracks and take a right. You will see signs.

Packet pick up and registration 7:30- 8:45

Race starts at 9:00.

Pre-registration: \$15.00 (if post marked by March 25, 2012)

Students: \$10.00 **Race Day:** \$17.00

Children's Dash (8& under): Free. Parents must register child by completing form.

Make checks payable to Mindy VanPelt Memorial Fund.

Mail form and entry fee to:

**22301 CheeChee Lane
Rawlings, MD 21557**