

**NMM VIKINGS POPWARNER FOOTBALL**  
presents.....



**Norfolk Monster Dash**  
**5k Run/Walk 10:00 AM**  
**Saturday,**  
**October 31, 2009**



**Kids Races: 11:00 AM— 100m**

**START/FINISH:** Freeman-Centennial School, 70 Boardman Street, Norfolk, MA

**REGISTRATION:** \$20./\$10. students. Checks made payable to:

**NMM VIKINGS, PO Box 560 Norfolk, MA 02056**

**Race Day registration and number pick-up: 8:30AM – 9:45AM**

**AWARDS:** 1st place Male and Female Overall; Age Groups;  
NMM Coach, NMM Player, Best Costume

**QUESTIONS:** Kris Porell, 508-846-4064 or [kporell@comcast.net](mailto:kporell@comcast.net)

**KIDS RACES:** \$5.00 for 100m.



**FREE T-Shirt for 1st 100 registered  
5K runners!**

**Proceeds from this event will benefit athletes in the NMM Vikings  
Popwarner Program**



Name( 5K): \_\_\_\_\_  
 Kids Race (names): \_\_\_\_\_  
 Address: \_\_\_\_\_ email: \_\_\_\_\_  
 City/State/Zip: \_\_\_\_\_ phone: \_\_\_\_\_  
 Age on Race Day (5K only) \_\_\_\_\_  
 Circle: **M** or **F**  
 • **I participate on a NMM Viking: (name of team):** \_\_\_\_\_  
**Entry Fee:**    5K Run/Walk    \_\_\_\_\_ x \$20.00 = \_\_\_\_\_  
                   5K Student        \_\_\_\_\_ x \$10.00 = \_\_\_\_\_  
                   5K Student (w/shirt) \_\_\_\_\_ x \$20.00 = \_\_\_\_\_  
                   100m                    \_\_\_\_\_ x \$5.00 = \_\_\_\_\_

**Checks made payable to:** NMM Vikings, PO Box 560, Norfolk, MA 02056

**Release/Waiver:** I assume all risks associated with running this event. In consideration of your accepting this entry, I hereby for myself and my heirs, executors, or administrators, waive and release all rights and claims for damages I may have against NMM Viking, the Town of Norfolk, all sponsors, all race officials and volunteers, and any other individuals or organizations associated with this event, for any death, personal injury, or property damage arising from or in the course of my participation in this event.

**Signature:** \_\_\_\_\_

**Parents (if under 18):** \_\_\_\_\_