

**Participant Information**

- 1. Complete one form per participant**
- 2. Sign waiver on reverse side of brochure**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Age \_\_\_\_\_ Sex \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

**Emergency contact information:**

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

**Registration Information**

**Race**      **OR**       **Walk**

Your registration fee makes you eligible to become a member of the ARA with no dues for one year! Check the box if you would like to become an ARA member.

**T-shirt size:**  S    M    L    XL

**Pre-registration (by March 27) \$20**

**Race Day registration                      \$25**

**Donation to ARA                                      \$ \_\_\_\_\_**

**Total Due \$ \_\_\_\_\_**

Please make check payable to:  
**Appoquinimink River Association**  
Appoquinimink River Association  
P.O. Box 341  
Middletown, DE 19709



**Saturday April 4, 2009**

**Race and Walk**

**9:00 am**

**St. Andrew's School  
350 Noxontown Road  
Middletown, DE 19709**

**Be sure to bring your cash  
because we will be having a  
silent auction with some  
great donated items!**

**TO SUPPORT THE  
APPOQUINIMINK  
RIVER ASSOCIATION!**

- ∞ Enjoy the beautiful campus of St. Andrew's School as the 5K Race will follow the **scenic St. Andrew's cross country course – also part of the Sprint Tri at St. Andrew's course!**
- ∞ The first 200 registered participants in the 5K Race and Walk receive a **free t-shirt!**
- ∞ Be sure to bring your \$\$\$ because we will be **having a silent auction for some great donated items!**
- ∞ Awards will be presented to overall top male and female runners, and the top male and female runners in each age group as follows: **13 & under, 14-19, 20-29, 30-39, 40-49, 50-over.**
- ∞ The Appoquinimink Race for Our River will be held on Saturday, April 4, 2009 with a rain date of Sunday, April 5, 2009. **There will be no refunds after registering for the event.** In the event of inclement weather, call 302-382-0335 to listen to a message if race is postponed.
- ∞ Join us after the race for a **tour of our reforestation project** along side Noxontown Pond!

Appoquinimink  
River Association

www.apporiver.org



The Appoquinimink River Association's mission is ***to preserve, protect and enhance the rivers and related natural resources of southern New Castle County.***

We work to make community members more aware of how their actions can help to ensure clean water in southern New Castle County

Our volunteer members are educators, landowners, farmers, citizens, scientists and elected officials who care about the quality of the water we drink, play in and live near.



Free off street parking will be provided for the Race and Walk. When nearing the St. Andrew's campus, please follow the signs and volunteers directing you to the parking areas and the reception booth. Please only park in designated parking zones.

**Please sign and fill out application on reverse side.**

**Waiver:** I know that participating in Appoquinimink Race for Our River can be a hazardous activity. I should not enter unless I am medically able and properly trained. Having read this waiver, I for myself, and anyone acting on my behalf, hereby release, waive, discharge and covenant not to sue any and all of the following: the Appoquinimink River Association, its board of Directors, staff, and volunteers; St. Andrew's School, and anyone employed by or working for the school, the event sponsors and donors from any and all on account of injury, claims, liability, damage. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any record of this event for legitimate purpose.

Signature \_\_\_\_\_

Date \_\_\_\_\_

If under 18 years of age, a parent or guardian must sign on your behalf.