Come join Mission Hospitals for an exciting day of running and walking in the streets of beautiful Asheville, NC. The 10 mile run is part of the Asheville Track Club Grand Prix while the 5k is a walk/run events start at 8:15 a.m. with the Kid's Stampede 1 mile fun run. The 10mile/5k start together at 9 a.m. Shirts guaranteed to 1st 300 in each event.

Last Name □□□□□□□□□□□ First Name □□□□□□□□□□

Address □□□□□□□□□□□□□□□□□□□□□□□□□□□□

City □□□□□□□□□□□□□□□ State □□ Zip □□□□□

Phone □□□-□□□-□□□□ SEX (Circle) M F

Birth Date □□-□□-□□□□ Age on 5/30/2009 □□

Shirt Size (Circle) Adult S M L XL Kids Stampede Shirt (Circle) M L

Race (Check Entry)

_____ Kids Stampede with Cowboy Hat & Shirt - $5
_____ 10 Mile Run - $25
_____ 5K Run / Fitness Walk - $15
_____ LIGHTEN UP 4 LIFE PARTICIPANT- $15

Total Enclosed $_____

WAIVER – Upon acceptance of my entry, I, for myself, my heirs and assigns, hereby release the sponsor, officials and volunteers of the Mission Hospitals Sunset Stampede and Mission Hospitals Kids Stampede from any and all liability arising from injury, illness, or death I may suffer as a result of participation in the event. I attest that I am physically able and have sufficiently trained for this event and am aware that participation in this event could result in physical injury. Should officials determine that completion of the event would be injurious to my health, I consent to be removed from the event and be treated by designated medical personnel. I agree to accept the decisions of the officials as final.

Signature Date Parent/Guardian if U18 Date

Mail Form with Check to Sunset Stampede 18 Dunkirk Road Asheville, NC 28803