

# Dylan's Dinosaur Stomp



## 5k Run-Walk and Family Fun Day 2019

THE DYLAN FLINCHUM **Rock On!** FOUNDATION

Raising awareness for MLD, one stomp at a time.

Please join us for the 8th annual Dylan's Dinosaur Stomp 5K Run-Walk and Family Fun Day. Runners, joggers, walkers, skippers, gallopers, kids and strollers are all welcome. The course starts and finishes in Modick Park with several tough "Hopatcong hills" along the route. Immediately following the race, Family Fun Day will take place throughout the day and promises to be filled with great friends,

great fun, great food and great live music! Please spread the word as all are welcome to attend the activities throughout the day! There will also be official time keeping and posted race results! Medals will be awarded to the top (timed) runners in 10-year age groups.

**Don't wait! Your registration must be received by April 30.**

**Saturday, May 11**  
Modick Park,  
Hopatcong, NJ

**Registration 8:30am**  
**5k Start 10am**

Learn more or  
register online at  
[DylanRockOn.org](http://DylanRockOn.org)

### Fees:

**BEFORE MARCH 31:**  
General Public \$25 / USATF \$22

**APRIL 1 - APRIL 30:**  
General Public \$30 / USATF \$27

**RACE DAY: (Cash/Check Only)**  
General Public \$35 / USATF \$32

- All children under 13 are FREE
- Shirts and bags INCLUDED with registration before April 26
- Add-on donations are always welcome!

**MAIL-IN REGISTRATION MUST BE RECEIVED BY APRIL 30**

Make checks payable to:

Dylan Flinchum Foundation  
14 Lenape Drive  
Stanhope, NJ 07874

LAST NAME		FIRST NAME	
ADDRESS		CITY	
STATE	ZIP	PHONE	<input type="checkbox"/> MALE <input type="checkbox"/> FEMALE
EMAIL ADDRESS		DATE OF BIRTH	USATF# (IF A MEMBER)
AGE GROUP		AGE	
<input type="checkbox"/> 10-19 <input type="checkbox"/> 20-29 <input type="checkbox"/> 30-39 <input type="checkbox"/> 40-49 <input type="checkbox"/> 50-59 <input type="checkbox"/> 60-69 <input type="checkbox"/> 70-79 <input type="checkbox"/> 80+		<input type="checkbox"/> YES <input type="checkbox"/> NO Timed runner?	
T-SHIRT SIZE & QUANTITY		<input type="checkbox"/> 2T <input type="checkbox"/> 3T <input type="checkbox"/> 4T <input type="checkbox"/> YS <input type="checkbox"/> YM <input type="checkbox"/> YL <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL <input type="checkbox"/> XXXL	

◀ A participant's shirt included with early registration. Extra shirts are \$10 each.

### The following must be signed in order to participate in this event:

**WAIVER AND RELEASE:** In consideration of acceptance of this application and my being allowed to participate in the above Event, I, the undersigned, assume all risks associated with running in this Event, including but not limited to falls, contact with other participants, the effects of weather including extreme cold, snow, ice, rain, traffic conditions of the road, and all such risks being known and appreciated by me. Having read this waiver and knowing of these facts, I for myself, my heirs, executors, administrators' and anyone entitled to act on my behalf, hereby waive, release and give up any and all rights and claims to damage I may have against, and agree not to sue The Dylan Flinchum Rock On Foundation, its representatives, employees, officials, including elected officials, consultants or volunteers, all sponsors of the Event, and any others involved in the event for The Dylan Flinchum Rock on Foundation's behalf, and their heirs, successors and assigns, with respect to any and all liability, claims, causes of action arising out of, or related to, any bodily injury, illness, death or property damage I suffer in connection with the Event, even though the liability may arise out of negligence or carelessness on the part of the persons or entities named in the waiver. I confirm that I am in physical condition to participate in this Event. I agree to abide by the guidelines established for the race by The Dylan Flinchum Rock on Foundation, or their representatives. I grant permission to all of the foregoing to use any photograph, motion pictures, recordings or any other record of this event for any legitimate purpose. I ACKNOWLEDGE THAT I HAVE FULLY READ THIS FORM, AND FULLY UNDERSTAND THE TERMS AND CONDITIONS CONTAINED HEREIN, AND UNDERSTAND THAT THIS WAIVER AND RELEASE IS A RELEASE OF ALL CLAIMS.

SIGNATURE OF PARTICIPANT  
(OR PARENT/GUARDIAN IF PARTICIPANT IS UNDER 18)

DATE

\$ \_\_\_\_\_

TOTAL AMOUNT ENCLOSED



**USATF**  
NEW JERSEY

500 Point Event



NORTH JERSEY

**2019**  
**Grand Prix**