

The WWE Raccoon Running Club & WW Running Club present

The 13th Annual

# FRIGHTWOOD 5K MINI MONSTER MILE DRAC DASH

## Saturday, October 28, 2023 in Wrightwood



**Race Schedule:**  
@ Wrightwood Elementary

3:00- Registration 

4:00- Drac Dash

4:15- Mini Monster Mile

4:45- Frightwood 5K

6:00- Awards

**Proceeds Will Benefit:**

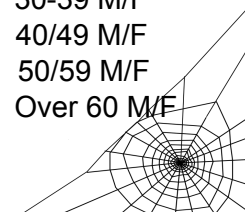
- \*Wrightwood CERT (Community Emergency Response Team)
- \*WWE Raccoon Running Club
- \*Serrano High School Drama Department

**5K Award Categories:**  
(3 deep)

Overall M/F Winners

5-10 M/F	30-39 M/F
11-13 M/F	40/49 M/F
14-19 M/F	50/59 M/F
20-29 M/F	Over 60 M/F

5K Teams  
of 4 M/F/Coed



Checks payable to: **Wrightwood Running Club**  
PO Box 3176  
Wrightwood, CA; 92397

Questions? Contact Melanie Premo @  
760-680-8215, shamelp2@msn.com  
or [www.wrightwoodrunningclub.com](http://www.wrightwoodrunningclub.com)

**Frightwood 5K:**


- \_\_\_ \$30 before 10/21
- \_\_\_ \$40 after 10/21
- \_\_\_ \$15 student before 10/21
- \_\_\_ \$20 student after 10/21

**Frightwood 5K Team of 4:**

- \_\_\_ \$100 before 10/21
- \_\_\_ \$120 after 10/21
- \_\_\_ \$40 student before 10/21
- \_\_\_ \$60 student after 10/21

Team Name: \_\_\_\_\_  
Circle one: Male Female Coed

**Drac Dash:**

- Dash on the grass for kids 4 yrs and younger
- \_\_\_ \$10 before 10/21
  - \_\_\_ \$15 after 10/21
- 

**Mini Monster Mile:**

- For kids 10 yrs and younger or the young at ♡
- \_\_\_ \$10 before 10/21
  - \_\_\_ \$15 after 10/21

**Please circle shirt size:** Youth: M L Adult: S M L XL XXL

Name: \_\_\_\_\_ Gender: M F Age: \_\_\_\_\_ DOB: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Cell #: \_\_\_\_\_ Email: \_\_\_\_\_

Waiver: For consideration of this entry acceptance, I hereby for myself, my heirs, executors, and administrators waive any rights and claims for damages against the county of San Bernardino, the town of Wrightwood, the Wrightwood Running Club, USATF, the WWE Running Club, WW CERT, Melanie or Shawn Premo, Race Wire, and any individual or organization associated with the Frightwood 5K, Mini Monster Mile, or Drac Dash event for any losses, injuries, or death sustained by me in the event. I hereby certify that I am in good condition and am able to compete in this event. I will additionally permit the use of my name and pictures in broadcasts, telecasts, newspapers, brochures, etc. and I also understand that this entry fee is non-refundable. As a participating athlete, I certify that all information provided in this form is true and complete and certify my compliance with the signature below.

Signature (Parent if participant is under 18) \_\_\_\_\_ Date \_\_\_\_\_