

Ballenger Creek & Tuscarora Elementary Schools  
**PRESENT**  
**Run for the Health of It**  
 5K & 1 MILE FUN RUN/WALK  
 CROSS COUNTRY RACE

**April 24, 2010 at 8:00 am – 1 mile Fun Run/Walk**  
**8:30 am – 5K (Rain or Shine)**

Ballenger Creek Park

5420 Ballenger Creek Pike Frederick, MD 21703

Benefitting: Manor Parish Food Bank &  
 BCES/TuES Physical Education & Wellness Programs

[www.runforthehealthofit.blogspot.com](http://www.runforthehealthofit.blogspot.com)

**CANNED FOOD & NON-PERISHABLE DONATIONS WILL BE ACCEPTED AT RACE!**

Directions: From I-270, Exit Rt. 85 South (Buckeystown). At 4-way Stop Sign, Turn Right into park

**No Skateboards, No Rollerblades, No Scooters, No Pets**



**Registration Form**

Registration Fee: \$20.00 (\$25.00 on Race Day), \$15 FCPS employees

Students are \$5.00

\$50 Maximum for Families

Race-Day Registration Begins at 7:00 am

Please make checks payable to: BCES PTA

Mail this Form to:

Liz Sherman

240 236-2508

Liz Lowrie

240-236-2516

Ballenger Creek Elem.

5250 Kingsbrook Dr

Frederick, MD 21703

Last Name	First Name	Sex M/F	(Please check One)			Shirt Size S, M, L, XL Youth S, M, L, XL	Registration Fee
			1 Mile Fun Run/Walk	5K Run	Age		
							\$
							\$
							\$
							\$
<b>Phone #</b>				<b>Total Enclosed</b>			<b>\$</b>
<b>Address</b>				<b>City</b>			
<b>State/Zip</b>							

I will pick up my Pre-registration packet at: (check one)

My child will bring it home from school.

School: \_\_\_\_\_ HR Teacher: \_\_\_\_\_

At the registration table on day of race.

Other (specify) \_\_\_\_\_

**Release:** In consideration of the acceptance of my entry, I for myself, executors, administrators and assignees do hereby release and discharge BCES/TuES, BCES PTA, and the Board of Education and their sponsors and volunteers of all claims of damages, demands, actions whatsoever arising out of my participation in said athletic event. I understand this activity is voluntary and attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in this event.

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

Date: \_\_\_\_\_