

# HANDWAVING 5K RUN/WALK

**Start & Finish:** William Talley Rec Center, 2nd and Bentz Streets, Frederick, MD (in front of Baker Park band shell)

**Proceeds will support  
advocacy and full-integration  
services at CSD of Maryland**

**Date: June 12, 2010**

**Registration: 7 a.m.**

**Race Time: 8 a.m.**

**Pre-register by May 1, 2010**

**Entry Fees:**

**\$20 for pre-registered runners**

**\$45 for a family of four**

**\$25 after May 1**

**\$30 registration on race day**

*\* Pick up packets at 452 Prospect Blvd, Frederick, MD 21701  
on June 10 & 11 from 8 a.m. to 7 p.m.*



**1st, 2nd & 3rd prizes  
will be awarded.  
T-shirts will be given to  
participants who register  
before May 1.**

**Sponsored by:**



-----

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Phone \_\_\_\_\_

T-Shirt Size:    S        M        L        XL

Sex \_\_\_\_\_ Age on race day \_\_\_\_\_

-----

**Mail forms and entry fee to:  
CSD of Maryland  
452 Prospect Blvd.  
Frederick, Maryland 21701**



**Contact person:  
Jackie Kanekuni at  
800 717 1384 Voice  
301 695 6859 Fax  
301 637 3414 Videophone  
Jkanekuni@c-s-d.org**