

2nd Annual

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 11, 2011

Registration: 7 a.m.

Race Time: 8 a.m.

Register online
www.active.com

Entry Fees:

\$20 for pre-registered runners

\$25 after May 13

\$30 registration on race day

** Pick up packets at 452 Prospect Blvd, Frederick, MD 21701
on June 9 & 10 from 8 a.m. to 7 p.m.*



**T-shirts and
goodies will be
provided while
they last.**

Sponsored by:



CSD[®]



FREDERICK MEMORIAL HEALTHCARE SYSTEM



CORP OHS
Corporate Occupational Health Solutions, LLC

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:
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