



# CROSS-COUNTRY 5K RUN & FUN-RUN!

## Sunday, September 18th, 2011

### 5K AT NOON • FUN-RUN AT 1PM

Thomas Johnson High School Track • Rain or Shine

## CROSS-COUNTRY 5K PARTICIPANTS:

\$20 per person before September 2nd.

\$25 per person thereafter or on race day. Registration on race day starts at 11am.

**5K begins promptly at noon.**

**Timing / Results:** Race entries will be officially timed by the Frederick Steeplechasers Running Club & reported within a few days.

**Youth Awards:** There will be 1st - 3rd place for boys and girls in the following categories: Elementary School, Middle School, and High School

**Adult Awards:** There will be 1st place only for male and female in each of the following categories: 18-29, 30-39, 40-49, 50+

## FUN-RUN PARTICIPANTS:

\$5 per person or \$15 cap per family.

Noon: Fun-Run activities at the track to get you "jazzed up" for the run! (Provided by Monocacy ES PTA)

1pm: Fun-Run begins! Take 4 laps (1 mile) around the track with your family and friends!

All ages (and strollers) welcome!

Register online at [active.com](http://active.com) (small surcharge applies) or mail completed registration form with check payable to: **Make It Happen Monocacy, P.O. Box 1653, Frederick, Maryland 21702**

**NAME:** \_\_\_\_\_ Age: \_\_\_\_\_

**Address:** \_\_\_\_\_

**Email:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Signature acknowledging waiver below:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Add'l Family Member:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **Gender:** \_\_\_\_\_ **Circle Race:** 5K / Fun-Run

**Add'l Family Member:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **Gender:** \_\_\_\_\_ **Circle Race:** 5K / Fun-Run

**Add'l Family Member:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **Gender:** \_\_\_\_\_ **Circle Race:** 5K / Fun-Run

**Add'l Family Member:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **Gender:** \_\_\_\_\_ **Circle Race:** 5K / Fun-Run

**WAIVER:** Each individual/parent MUST read and acknowledge this waiver and sign above before participation.

As a participant I, for myself, my executor, administrators, and assigns, do hereby release and discharge Make It Happen Monocacy, Frederick County Public Schools, the event site, their management, their officers, members, sponsors, organizers, or their representatives, or their successors, and all cooperating businesses and organizations from all claims of damages, demands, actions, and causes whatsoever, in any manner arising or growing out of my participation or that of my child/family member in this event. I give my full permission for the use of my name and photograph in this event. I also give my full permission for such first aid as is deemed necessary to be provided to me or my child on the premises or prior to transport to a hospital for further treatment.

**Sponsored by Make It Happen Monocacy** whose mission is to provide financial support to programs and projects that will enrich the education of all Monocacy Elementary and Middle School students, enhance their health and well-being, and empower them with confidence to succeed.

