

St. John's 5K Walk & Fun Run

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Ballenger Creek Park, Shelter #1,
5420 Ballenger Creek Pike
Frederick, MD 21703

Course: Scenic but challenging cross country run; ¼ mi. on road. Primarily grass with some hills.

Registration: \$20 for 5k/\$5 Fun run; after 5/1 \$25 for 5K/\$7 Fun run; Family Pkg. – 2 5K registrations gets 1 free Fun run; registration available at www.active.com (family pkg. not available online)

Packet Pick-up & Late Registration: 5/28, 5:30-7:30 p.m. at the race pavilion or on race day starting at 7:00 a.m.

Prizes: free race shirt & goodie bag for first 200 registered runners; Awards to top male & female finishers and top 3 male & female finishers in 12 age categories; all fun runners receive an award

Post-race: free prize give aways and refreshments after the race

Results: www.steeplechasers.org

Information: Contact Kelly Beins @ 240-409-3214 or dkbeins@comcast.net

St. John's 5k Run/Walk & Fun Run: Saturday, May 29, 2010 8:00a.m. **PLEASE COMPLETE ONE FORM PER RUNNER!**
Checks payable to: SJRCS-HSA & mail to SJRCS 5K – Kelly Beins, 8414 Opossumtown Pike, Frederick, MD 21702

Participating in: _____ 5K _____ Fun Run Age on Race Day: _____ SJRCS Participation Challenge HmRm: _____

Name: _____ M/F _____ E-mail: _____

Address: _____ Phone: _____

Shirt Size: YOUTH _____ SM _____ MED _____ LG , ADULT _____ SM _____ MED _____ LG _____ XL

Total Amount Enclosed \$ _____

WAIVER: I understand that running or walking a race course is a hazardous activity and that I am physically prepared for this event. I hereby waive all claims and damages against St. John Regional Catholic School and any other organizers or sponsors for any injury I may suffer in this event.

Runner's Signature: _____ Date: _____

Parent/Guardian (if runner under 18 yrs) _____ Date: _____