

The Bar Association of Frederick County presents:

RUN FOR SHELTER

Annual Charity 5K Run and 2 Mile Family Fun Walk To Benefit The Religious Coalition for Emergency Human

Saturday, October 1, 2011

At the Baker Park Band Shell in Frederick, Maryland

Race start: 9:00 am

(Late registration opens at 8:00 am)

A short kid's fun run will follow the completion of the run/walk.



—All proceeds will stay in
Frederick County and benefit
programs for the needy of
Frederick County—

\$20 for Adults until 9/10/11, then \$25
\$15 for Students aged 7 to 18
Children 6 and under are free

Families or groups of 4 or more get a \$20
discount. Please contact us for special rates
for larger groups.

T-shirts only guaranteed for first 250 to
register!

For more information contact
info@frederickbar.org

All children will receive a medal

Awards to the top three male and female 5K
finishers

Plus first place awards in these age groups:
18 and under, 19 – 29, 30 – 39, 40 – 49,
50 and over

Event: 5K Run 2 Mile Walk

T-Shirt size: S M L XL

Name: _____

Age: _____ Sex: M F

Address: _____

Email: _____

Additional Donation: _____

Waiver: In consideration of the acceptance of my entry, I for myself, my executors, administrators and assigns, do hereby release and discharge the Frederick County Bar Association, race volunteers and officials, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in the event, including injury, loss or damage to personal property, or the carelessness on the part of the persons named in this waiver. This waiver is specifically intended to waive any and all claims against the Frederick County Bar Association, race volunteers and officials, and all sponsors, their representatives and successors that arise out of its/their own negligence. I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to run/walk in this event. Further, I grant permission to all of the foregoing to use any photograph, or recordings of this event for legitimate purposes. I understand that no pets, bicycles, rollerblades/skates, or scooters are allowed on the course, and I hereby agree to adhere to this. Any participant who goes off course will forfeit all rights to any prizes or recognition.

Signature: _____

Date: _____

(If the participant is under the age of 18,
a parent or guardian must sign.)

Please return this form with your tax-
deductible registration fee (and any donation).

Make check payable to The Community
Foundation; note "BAFC 5K Run" in the memo

Mail to:

The Bar Association of Frederick County
P.O. Box 3088 • Frederick, Maryland 21705 •
301-663-1139 • info@frederickbar.org

Registration also available online
at www.active.com