

St. Michael's 5K

Entry Form

Date of Event: Saturday, Sept 17, 2011
 5K - 9:00 a.m. (rain or shine)
 Kid's Fun Run – 8:30 a.m. (~ ½ mile)

Start and Finish Location: St. Michael's Church
 1125 St. Michael's Road
 Mt. Airy, MD 21771

Events: 5K Run/Walk (Road race: out and back course; mild, rolling hills)
 Fun run. Walkers welcome in both events

Awards: T-Shirts will be provided to all pre-registered participants in the 5K.
 Awards to Top 3 Male/Female 5K finishers and Top 2 in 5-Year Age Groups for 5K. Lots of door prizes! Indoor facilities and plenty of parking.

Refreshments: FREE food and drinks provided at the finish line. Water will be available on the course.

Proceeds: Support St. Michael's Youth Group Work Camps & Habitat for Humanity

Registration Fee: \$15.00 per person on or before Sept 1, 2011 (Maximum: \$40/ immediate family) OR \$20.00/person thereafter or on race day (or \$45/family race day).
 \$5/person for Fun Run (finisher's medal, no T-Shirt in Fun Run).
Make checks payable to St. Michael's Youth, mail to above address. Register on-line at www.active.com. Please don't mail forms/checks after 9 Sept.

Packet pick-up/Late Registration from 7:45-8:45 a.m. on race day. 6 – 8:30 pm Fri, 16 Sept
For More Information: Call or Email Jamie Courtney 301-502-8722 / jamiemichael@verizon.net

(T-Shirt Sizes: AS, AM, AL, AXL)

Name _____ Age _____ Gender _____ T-Shirt Size _____
 Phone _____ Address _____ Circle Race: 5K Fun

Additional Participating Family Members:

<u>Name:</u>	<u>Age:</u>	<u>Circle One</u>	<u>T-Shirt Size:</u>	<u>Circle Race</u>
_____	_____	Male Female	_____	5K Fun
_____	_____	Male Female	_____	5K Fun
_____	_____	Male Female	_____	5K Fun

Waiver: In consideration of the acceptance of my entry, I for myself, my executors, administrators and assignees, do hereby release and discharge the St. Michael's Church, Habitat for Humanity, Frederick Steeplechasers, 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. 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, running/baby strollers, rollerblades/skates, scooters, or headphones (ie no I-Pods) 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.)