



"Run For The Future"

5K

Walk/Run

Saturday, May 16, 2009 at 9:00AM – Rain or Shine

Held at: **Ballenger Creek Elementary School
5250 Kingsbrook Drive
Frederick, MD 21703**

Directions: From I-270, Exit Rt. 85 South (Buckeystown). 1st right onto Crestwood Blvd., left at Corporate Drive. Left onto Kingsbrook Drive to Ballenger Creek Elementary School.

-- No Skateboards, No Rollerblades, No Scooters, No Pets --



Cut here.

Registration Form

Registration Fee: **\$20.00 (\$25.00 on Race Day)
\$ 5.00 (Students)**

Race Day Registration: **Begins at 8:00AM – Packets available at Registration Table**

Please Make Checks Payable to: **THS PTSA**

Mail This Form To: **Evelyn Holmes, PTSA President
Tuscarora High School
5312 Ballenger Creek Pike
Frederick, MD 21703
johnev123@aol.com**

Proceeds Benefit:
**Tuscarora
High School
Scholarships
& Safe 'n' Sane.**

	Last Name	First Name	Sex (M/F)	Walk	Run	Age	Shirt Size (S, M, L, XL)	Registration Fee
1								\$
2								\$
3								\$
4								\$
5								\$
Total								\$

Phone: _____ Address: _____

Release: In consideration of the acceptance of my entry, I for myself, executors, administrators and assignees do hereby release and discharge THS PTSA and BCES and their sponsors and volunteers of all claims of damages, demands, actions whatsoever arising out of my participation in said athletic event. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in this event.

Signature: _____

Date: _____