



5K

Multi-Terrain
Walk/Run



**Saturday,
May 8, 2010
at NOON
Rain or Shine**

Tuscarora High School
5312 Ballenger Creek Pike
Frederick, MD 2170

RUN FOR THE FUTURE!

All Proceeds Benefit THS Scholarships!!!

Sorry -- No Bikes, No Skateboards, No Rollerblades, No Scooters, No Pets



Cut here.

REGISTER TODAY!

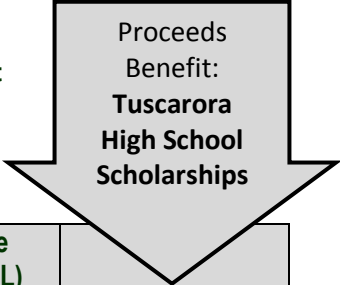
Registration Form

Registration Fee: \$20.00 (\$25.00 on Race Day) – includes t-shirt
\$ 5.00 (Students); \$10.00 ('Students' w/ t-shirt)
\$50.00 Maximum for Families

Race Day Registration: Begins at 11:00AM – Packets available at Registration Table

Please Make Checks Payable to: THS PTSA

Mail (or drop) This Form To: Cheryl Kostreski, THS PTSA President
Tuscarora High School
5312 Ballenger Creek Pike
Frederick, MD 21703
TuscaroraHSPTSA@gmail.com



	Last Name	First Name	Sex (M/F)	Walk	Run	Age	Shirt Size (S, M, L, XL) Add'l \$\$ for Students	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 FCPS 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: _____