

# REMEMBRANCE 5K RUN - 2 MILE WALK

Saturday, September 24, 2011

Marina Park - Federalsburg, Maryland

All proceeds go to CAROLINE HOSPICE FOUNDATION

Where: Registration, start and finish at Federalsburg Marina Park, located on MD 313 & 308  
On the beautiful Marshy Hope River.

REGISTRATION: Preregistration online @[www.active.com](http://www.active.com), DOWNLOADABLE @ [WWW.SEASHORESTRIDERS.COM](http://WWW.SEASHORESTRIDERS.COM) or Call Hospice Home 410-479-3500  
for sites to pick up form. Day of Run/Walk, on site 7:30 a.m. to 8:50 a.m.

TIMES/COURSES: 9:00 A.M., 5K (3.125 Miles) thru downtown Federalsburg  
9:15 A.M., 2 mile Walk on the Marshy Hope Hike/Bike Trail

RUN AWARDS: Male & Female Overall and Master Champions: top 3 finishers – 10 @ under, 11-14, 15-19, 20-29-30-39, 40-49, 50-59, 60-69, 70 & over.

AMENITIES: Official Timing clock, Water provided, Door prizes, Healthy snack, Medals for participants under age 13.

TO REGISTER: Detach form, send money order or check payable to: Caroline Hospice Foundation R/W  
613 South 5<sup>th</sup> Ave.  
Denton, Maryland 21629

ADDITIONAL INFORMATION: Race Director Tim Bamforth @ 302-644-8952 or [www.seashorestriders.com](http://www.seashorestriders.com)

## ENTRY FORM (One per participant)

Registration Fee Enclosed \$ \_\_\_\_\_ Additional Donation Enclosed \$ \_\_\_\_\_ No Cash!

|  |                      |
|--|----------------------|
| _____ 5K (over 18) \$20 by 9/14/11 \$25 after 9/14/11      | Age on 9/24/11 _____ |
| _____ 5K (6-18) \$10 Student Rate (\$5 extra for t-shirt)  | Age on 9/24/11 _____ |
| _____ 2 Mile Walk (over 18) \$20 by 9/14, \$25 after 9/14  | Age optional _____   |
| _____ 2 Mile Walk (6 to 18) \$10 (\$5 extra for t-shirt)   | Age on 9/21/11 _____ |
| _____ 2 Mile Walk (5 & under) FREE (\$5 extra for t-shirt) | Age on 9/24/11 _____ |

STROLLERS AND WAGONS ARE WELCOME ON WALK COURSE.

WAIVER AND RELEASE: I recognize that participation in this activity may involve certain hazards. I should not enter unless I am medically able & properly trained. I assume the risks associated with involvement in this activity, including but not limited to falls, contact with participants, effects of weather, road and traffic conditions, these risks being known and appreciated by me. Having read this WAIVER RELEASE and considering the acceptance of my application, for myself and anyone entitled to act on my behalf, waive and release The Town of Federalsburg, The Seashore Striders, Caroline Hospice Foundation, Inc., all sponsors and hosts, and their representatives and successors, from any claim of liability arising from my involvement in this activity.

MANDATORY: I understand that motor vehicles and other wheeled vehicles may be on portions of the Run Course, and I accept this risk.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

Parent Signature if under 18: \_\_\_\_\_ Date: \_\_\_\_\_

Participant Name \_\_\_\_\_ Male Female  
(Please Circle)

Complete Address: \_\_\_\_\_

Telephone \_\_\_\_\_ Email \_\_\_\_\_

**T-Shirt size: XS S M L XL 2XL**

(Please circle)

**Male Female**

(Please Circle)

**\*\*PLEASE REMEMBER.... T-SHIRT GUARANTEED IF REGISTERED BY 9/12/11**