



WALK/5K RUN ACROSS MARYLAND 2015

SATURDAY, SEPTEMBER 19, 2015, 8 AM

PENNSYLVANIA AVENUE, HANCOCK, MARYLAND, AT THE
PA/MD BORDER

Both the Walk Across Maryland and the 5K Run Across Maryland will begin at 8 AM, at the Pennsylvania/Maryland border on Pennsylvania Avenue, in Hancock. Parking is available at the Hancock Assembly of God.

The Walk Across Maryland and the first part of the 5K Run Across Maryland take place on Pennsylvania Avenue, heading south towards the C & O Canal. The Walk Across Maryland finishes at the C & O Canal after 1.7 miles. The 5K Run Across Maryland continues left (east onto the Western Maryland Rail-Trail), goes out and back, and finishes at Buddy Lou's Eats Drinks and Antiques.

Beverages and snacks will be provided at Buddy Lou's to all participants.

No registration is necessary for the Walk Across Maryland. Free tee shirts are provided to the first 100 participants to arrive.

Registration for the 5K Run Across Maryland will begin on race day at 7 AM. Pre-Registration is encouraged, using the cut-off form below. The 1st, 2nd, and 3rd place finalists (Men/Women groups) Age 25 and under/26-40 years of age/41-50 years of age/50 and over will be presented with Medals. **This is not a certified course.**

REGISTRATION FEE: WALK ACROSS MARYLAND, NO FEE. 5K RUN ACROSS MARYLAND \$20 WITH SHIRT. MAKES CHECKS PAYABLE TO RIVER BEND FAMILY MEDICINE.

Please detach the portion below and complete the Registration Form with Fee:

NAME: _____ CIRCLE EVENT: WALK 5K RUN

AGE: _____ CIRCLE GENDER: MALE FEMALE

SHIRT SIZE: (S) (M) (L) (XL)

DISCLAIMER: In consideration of the acceptance of my/my child's entry, I, for myself or my child, do hereby release and discharge the organizers of this Walk/5K Run and all other sponsors and organizers of all claims, damages, and/or actions whatsoever in any manner arising out of my/my child's participation in said event. I attest and verify that I have full knowledge of the risks involved in this event and I/my child is physically fit and sufficiently trained to participate in this event.

SIGNATURE: _____