



THE RED RUN 5K

11.5.11 BAKER PARK

American Red Cross
Frederick County Chapter

Saturday, November 5, 2011

5K Run/Walk + Rain or Shine!

Baker Park, 121 North Bentz St.,
Frederick, MD 21701

Sponsored by:

The Frederick News-Post

Date & Time:

Saturday, November 5, 2011 at 8:30 am
Race begins/ends at Baker Park, 121 North Bentz Street,
Frederick, MD 21701

Entry Fee:

Walker/runner 5K Race Fee is \$15.00 per runner if received
by October 23, 2011 and \$20 if received after
October 23, 2011.

T-SHIRTS in the size listed on the registration form are
guaranteed to the first 300 participants who register before
October 23, 2011.

Packet Pickup/Late Registration:

Packet pickup and late registration on November 4th at
Corporate Exposure, 33 East Patrick Street, Frederick
4 p.m. to 6 p.m.

Registration also online at www.active.com.

Proceeds benefit Frederick Red Cross, MD.

Awards:

Awards will be given to the top three female/male finishers
in the following age groups running the 5K: 14 & under,
15-19, 20-29, 30-39, 40-49, 50-59, 60+

Make checks or money order payable to:

American Red Cross of Frederick County, MD

Send completed entry form and payment to:

Frederick Red Cross
P.O. Box 186
Walkersville, Maryland 21793

Runners/walkers encouraged to wear RED! *One hour time limit if walking the 5K.

For more information or to volunteer: Contact Amy Benton, Race Director at amy@want2growmktg.com



The Red Run 5k + Frederick Red Cross

Entry Fee: Race fee is **\$15.00 if received by Sunday, October 23, 2011**. Late registration is on Saturday, October 23, 2011 at Corporate Exposure, 33 East Patrick Street, Frederick. Race fee is \$20. Make checks payable to: **Frederick Red Cross**. Send **completed** entry form and payment to: **Frederick Red Cross, P.O. Box 186, Walkersville, Maryland 21793**.

Amt. enclosed: \$ _____ *5K T-Shirt Size CM CL S M L XL Male Female Age on Race Day _____

Name: _____
(Last, First)

Address: _____

City: _____ State: _____ Zip: _____ - _____

Phone: _____ - _____ - _____ D.O.B: _____ - _____ - _____

Email: _____

Liability Waiver: I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Frederick Red Cross, Want 2 Grow Marketing, Frederick County, the City of Frederick, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event or carelessness on the part of the persons named in this waiver. Further, I grant permission to all of the foregoing to use any photograph, motion pictures, recordings, or any other record of this event for legitimate purposes.

Signature: _____ Date: _____
(parent or guardian, if under 18)

Proceeds benefit: **Frederick Red Cross**.