



# 10K & 5K RUN

& KIDS FUN RUN

## SEPTEMBER 11, 2010

**WWW.RUN4SHELTER.NET**

Please fill out one form for each participant:

Sign up for:	Time	Price
<input type="checkbox"/> 5K Race/Walk: By Sept 4th	8:00	25.00
<input type="checkbox"/> 5K Race/Walk: After Sept. 4th	8:00	30.00
<input type="checkbox"/> 10K Race/Walk: By Sept. 4th	8:00	25.00
<input type="checkbox"/> 10K Race/Walk: After Sept. 4th	8:00	30.00
<input type="checkbox"/> Kids Fun Run: 11yrs and under ( <i>no shirt</i> )	9:00	10.00

Sorry, I cannot participate, but I would like to support Our Haven Shelter and wish to make a tax-deductible donation of \$ \_\_\_\_\_

**Pre-Registration** or  **Race Day Registration**

\_\_\_\_\_  
Last Name First Name and M.I.

\_\_\_\_\_  
Mailing Address

\_\_\_\_\_  
City State Zip

( ) \_\_\_\_\_  
Telephone email address

Sex: M  F  Age: \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_

Estimated 10K or 5K finish time for Corral purposes  **10K** \_\_\_\_\_  **5K** \_\_\_\_\_

<b>Make checks payable to:</b> QACCA PO Box 44 Chester, MD 21619	T-shirts / Please identify size <input type="checkbox"/> Small <input type="checkbox"/> Med <input type="checkbox"/> Large <input type="checkbox"/> XL <input type="checkbox"/> XXL
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**Purchase Extra T-Shirt (\$20):** Please identify size and number of shirts

_____ x \$20 = \$ _____
# S,M,L,XL shirts total
_____ x \$22 = \$ _____
# XXL shirts total

\_\_\_\_\_ Small \_\_\_\_\_ Med \_\_\_\_\_ Large \_\_\_\_\_ XL \_\_\_\_\_ XXL (**are \$22**)

Waiver: Pre-registration forms must be mailed no later than September 4th, 2010. Signed waiver and release required for all participants. For the safety of our runners, we do not permit bikes, strollers, roller blades, portable music players or pets on the course. Liability release: In consideration of my entry, I, for myself, my executors, administrators, and assignees do hereby release and discharge Queen Anne's Christian Assistance, Our Haven Shelter, Community Partnerships, Inc. all sponsors, coordinators and all other race organizers and volunteers of all claims of negligence, injuries, damages, demands, and/or actions whatsoever, in any manner, arising from 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** (*parent or guardian if under 18 years old*) **Date**

Total: \$ \_\_\_\_\_