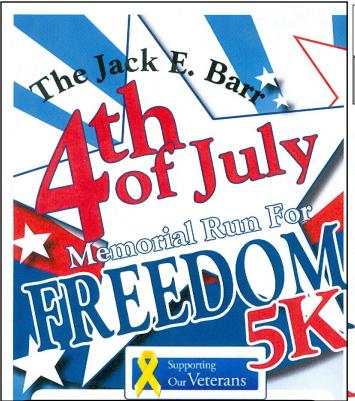
Please bring a CANNED FOOD item to donate to the Williamsport Food Bank!



BENEFIT: Training programs at Barr Construction Inst.

DATE: Tuesday, July 4, 2017

TIMES: 6:45 AM Registration & Packet Pick up

8:00 AM-1 mile & 5 K run

Location: Williamsport American Legion Outdoor pavilion

COURSE: 5K Start & Finish will be at the Williamsport American legion Outdoor Pavilion, 400 American legion Dr., Williamsport, MD.

AWARDS: Top 3 male and female finishers in each age group along with 1st place veteran award for each branch of service

T-SHIRTS All pre-registered adult participants are guaranteed a tshirt; Fees: Includes 5K run, t-shirt is pre-registered and breakfast after race:

\$15 one mile before 6-18-2017 \$20 one mile after 6-18-2017

\$25 before 6-18-2017 \$30 after 6-18-2017

\$15 under age 18 \$15 no shirt \$10 veteran

please register me for breakfast only \$5 per person

OFFICE USE ONLY Payment method: Bib#

1mile 1mile 5k 5k <18 5k no shirt vet

15 20	25	30		15	15		10
First Name							
Last Name							
Street Address							
City							
State		Zip					15
Gender							
Date of Birth	Moi	nth	Day			Year	
Are you a Veteran? (Check one)				YES		NO	
Veteran Branc	h of Servi	ce:					
Age on Raceday:							
Cell Phone Nu	mber:						
Email Address							
	C	heck T-S	Shirt S	Size:			
Youth Small	Youth M	ledium	Youth Large		е	Adult Small	
Adult Medium	Adult I	_arge	Adult X-Large		ge	Adult XX-Large	
	Chec	ck Your A	Age C	ategory			
12 & under 13-			0-29	30-39		0-49	50-59
		60 &	OVER				

RELEASE & CONSENT FORM: In consideration of the acceptance of my entry/my child's entry, I for myself or my child our executors, administrators, and assignees... do herby release and discharge the organizers of this race and all other sponsors and organizers of all claims and damages, actions, whatsoever in any manner arising out of my/my child participation in said athletic event. I attest and verify that I have full knowledge of the risks involved in this event and I am/my child is physically fit and sufficiently trained to participate in this event. Further I grant full permission to any all of the foregoing use to use my/my child's name, photographs, videotapes, motion pictures, recordings or any other record of this event for any legitimate purpose without compensation or remunerations.

Signature: Parent is under 18:

ABC, Attn: 5k run, 530 N. Locust St., Hagerstown, MD 21740

Contact: Darlene @ 301-739-1190x122 or Darlene@abccvc.com: REGISTRATION: Please mail completed form and payment to:

REGISTER ONLINE: www.raceit.com, or www.abccvc.com No refunds!