

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



BENEFITS: Training Programs at Barr Construction Institute

DATE: Wednesday, July 4, 2018

TIMES: 6:45 AM — Registration & Packet Pick-up
8:00 AM — 5K Run

COURSE: 5K Start & Finish will be at the Williamsport American Legion Outdoor Pavilion, 400 American Legion Drive, 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 t-shirt; ages 6-10 years includes T-shirt and Breakfast

FEES: Includes 5K run, t-shirt is pre-registered and breakfast after race.

\$25 before 6-15-2018 \$30 after 6-15-2018

\$15 under age 18 \$15 no shirt \$10 veteran
Breakfast only \$5 per person

OFFICE USE ONLY

Payment Method:

Bib Number:

First Name						
Last Name						
Street Address						
City						
State		Zip				
Gender						
Date of Birth	Month	Day	Year			
Are you a Veteran? (Check one)		YES		NO		
Veteran Branch of Service:						
Age on Raceday:						
Cell Phone Number:						
Email Address:						
Check T-Shirt Size:						
Youth Small	Youth Medium	Youth Large	Adult Small			
Adult Medium	Adult Large	Adult X-Large	Adult XX-Large			
Check Your Age Category						
12 & under	13-15	16-19	20-29	30-39	40-49	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 hereby 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 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 if under 18): _____

CONTACT: Emily Beecher at 301-739-1190 or emily@abccvc.com

REGISTRATION: Please mail completed form and payment to ABC CVC, Attn: 5K Run, 530 North Locust Street, Hagerstown, MD 21740. No refunds!

REGISTER ONLINE: www.raceit.com / www.imathlete.com / www.abccvc.org