

The Bar Association of Frederick County presents:

RUN FOR SHELTER

2nd Annual Charity 5K Run and 2 Mile Family Fun Walk
To Benefit The Religious Coalition for Emergency Human Needs



Saturday, October 2, 2010

Race start: 9:30 am
(Late registration opens at 8:00 am)

At the Baker Park Band Shell in Frederick, Maryland



Food and drinks provided by McDonalds of Route 40 and Old Camp Road

—All proceeds will stay in Frederick County and benefit programs for the needy of Frederick County—

\$20 for Adults until September 10th, then \$30

\$15 for Students aged 7 to 18; Children 6 and under are free

Families / groups of 4 or more get a \$20 discount

Please contact us for special rates for larger groups

T-shirts only guaranteed for first 250 to register!

For more information contact info@frederickbar.org

All children completing either course will receive a medal

Awards to the top three male and female 5K finishers

Plus first place awards in these age groups:

18 and under, 19 – 29, 30 – 39, 40 – 49, 50 and over

Registration also online at www.active.com

Event: 5K Run 2 Mile Walk T-Shirt size: S M L XL

Name: _____ Age: _____ Sex: M F

Address: _____

Email: _____ Additional Donation: _____

Waiver: In consideration of the acceptance of my entry, I for myself, my executors, administrators and assigns, do hereby release and discharge the Frederick County Bar Association, race volunteers and officials, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in the event, including injury, loss or damage to personal property, or the carelessness on the part of the persons named in this waiver. This waiver is specifically intended to waive any and all claims against the Frederick County Bar Association, race volunteers and officials, and all sponsors, their representatives and successors that arise out of its/their own negligence. I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to run/walk in this event. Further, I grant permission to all of the foregoing to use any photograph, or recordings of this event for legitimate purposes. I understand that no pets, bicycles, rollerblades/skates, or scooters are allowed on the course, and I hereby agree to adhere to this. Any participant who goes off course will forfeit all rights to any prizes or recognition.

Signature: _____ Date: _____
(If the participant is under the age of 18, a parent or guardian must sign.)

Please return this form with your tax-deductible registration fee (and any donation).
Make check payable to The Community Foundation; note "BAFC 5K Run" in the memo
Mail to: The Bar Association of Frederick County, Maryland
P.O. Box 3088 • Frederick, Maryland 21705 • 301-663-1139 • info@frederickbar.org

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Saturday, October 2, 2010 at 9:30am (rain or shine)

At the Bar Association of Frederick County, we are continuing our tradition of giving back to the community by sponsoring our 2nd Annual Charity 5K Run/2 Mile Family Fun Walk to Benefit the Religious Coalition for Emergency Human Needs.

The Religious Coalition for Emergency Human Needs is a Frederick County nonprofit, 501(C)(3) organization that has been serving Frederick County citizens with emergency financial assistance since 1981. The Religious Coalition is the primary provider of emergency services for basic human needs – such as shelter, food, medical and dental care, and prescription medications – to our neighbors in need. The Coalition is the home of the Alan P. Linton Jr. Emergency Shelter, which is the largest and only year round shelter for the homeless in Frederick. Emergency food assistance is provided through their network of 8 affiliated food banks located in Frederick, Brunswick, Jefferson, Middletown, Thurmont, Emmitsburg, Walkersville and Knoxville communities. The Religious Coalition is now the largest provider of emergency financial assistance outside of the local government.

We hope you'll join us for a fun fall run/walk in Baker Park that will also make a valuable contribution to support services for the needy of Frederick County. Registration fees will be deposited into the BAFC's Current Initiatives Fund held by The Community Foundation of Frederick County and are therefore tax-deductible as charitable contributions.

Regards,

Paul Flynn
Charitable Events Committee Chair

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