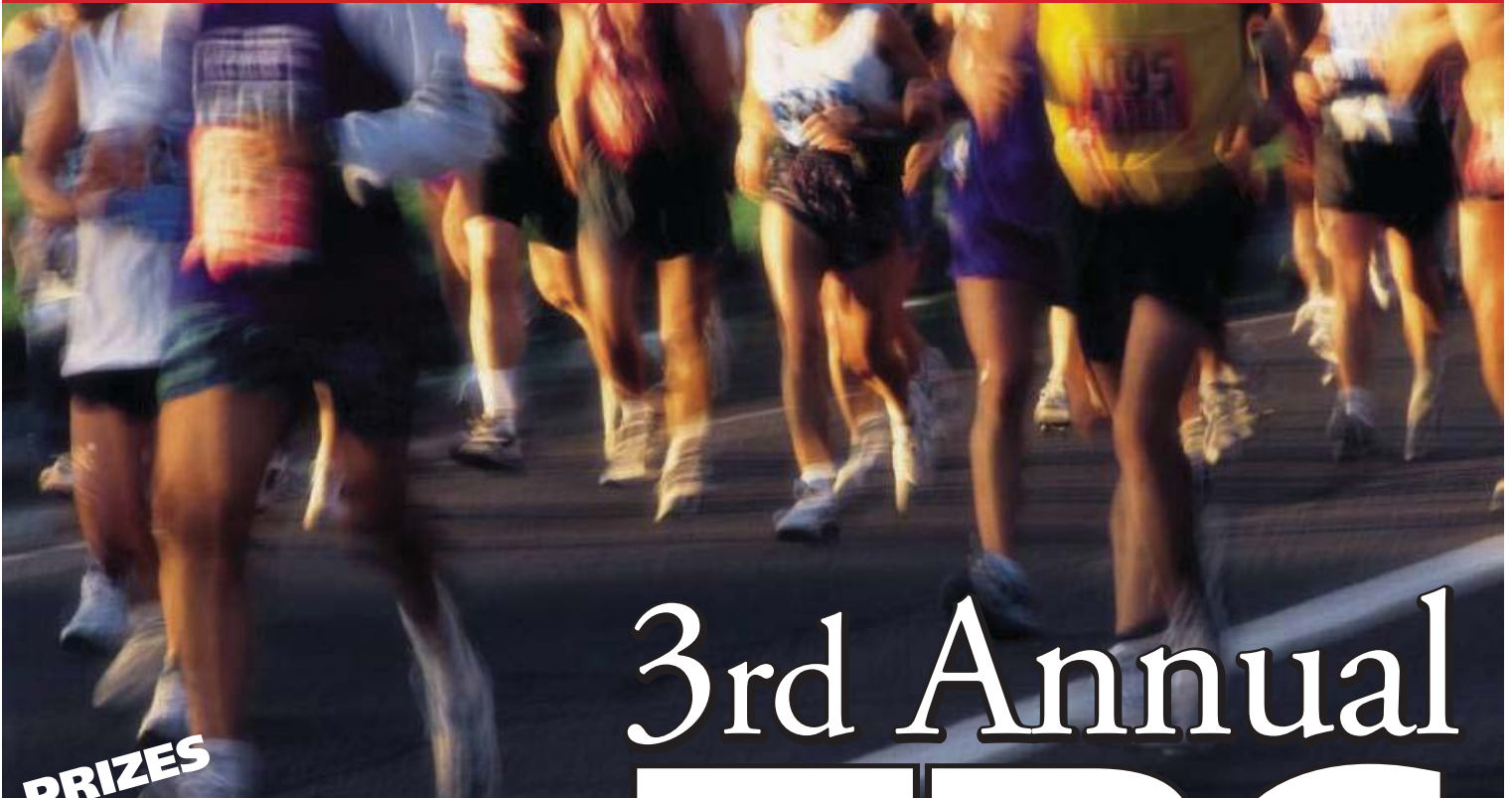


May 9th 2009 • 8:30 a.m.



3rd Annual TRC 5K RUN/WALK

PRIZES

Prizes to top 3 in each age group

T-shirts provided to all participants

Post-event raffle for all participants

The course will be through Marty Snook Halfway Park with gentle hills and one water stop. Start and finish location below the tennis courts near the entrance to the park.

Registration 7:00 a.m. - 8:00 a.m. at Pavilion 1 at Marty Snook Halfway Park

Portion of the proceeds to benefit Medication Assistance Center of Washington County Hospital

Name _____ Phone _____

Address _____ Email _____

T-shirt Size: S M L XL Male Female _____ Age on race day

Entry fees

- \$10.00 Walker
- \$20.00 Runner (Postmarked before 4/14/09)
- \$25.00 Runner (Postmarked after 4/14/09 or day of race)

Mail form and entry fee to
Antietam Healthcare Foundation
Attn: TRC 5K Run
251 East Antietam Street
Hagerstown, MD 21740

Make check payable to
AHC Foundation and add
TRC 5K Run to the
memo line.



WASHINGTON COUNTY
HOSPITAL
Total Rehab Care

For more information please
call 301-714-4025
Contact: Ethan or Sharon

Signature _____ Date _____

Signature of Parent or Guardian if under the age of 18 _____ Date _____

Waiver: I know that running is a potentially hazardous activity. I should not enter and run in the race 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 compete in the run. I assume all risks. Having read this waiver I release TRC volunteers from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence on the part of the persons named in this waiver. Photo consent: By signing this form, I give my consent to have my photograph taken and used for Washington County Health System publications and/or use by the media. The photographs may be modified or retouched for these purposes.