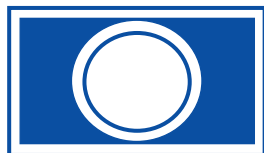


# SALEM CHALLENGE

## 5K Race

and

## 1 Mile Walk/Run



*Salem*

Renewing Life with Love

605 Salem Drive  
Lower New Germany Rd.  
Frostburg, MD

**Saturday**  
**July 24, 2010**  
**9:00 AM**



[www.qcstriders.org/](http://www.qcstriders.org/)



**Race will be held at  
Salem, located off  
I-68, Exit 24  
Lower New Germany Rd.  
(course includes both roads & trails)**

### Proceeds:

Maryland Salem Children's Trust on a 380-acre farm nestled in the mountains of Western Maryland, provides a faith based home, family counseling and educational services to children 6-18 who have been abused, neglected and abandoned.

THANK YOU for taking the time out of your busy schedule to enjoy the friendship of family, friends and coworkers while raising money to benefit:



### Prizes:

Awards to all Age Group Winners  
Great Random Drawing Prizes!

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7:30 - 8:45

Packet pickup and Registration  
Salem Children's Trust

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9:00

Race Start Time  
Runners and Walkers

### Information:

Donna Brenneman  
301-689-8176 ext. 208  
donna@mdsalem.org  
qcs at [www.qcstriders.org/](http://www.qcstriders.org/)

### ENTRY: Salem 5K Race & 1 Mile

Please check, 5K: \_\_\_; 1 Mi.: \_\_\_ W/R  
Name \_\_\_\_\_  
Address \_\_\_\_\_

Email: \_\_\_\_\_  
Phone: \_\_\_\_\_

T-Shirt Size: S M L XL (Adult)

Age on Race Day Female \_\_\_\_\_  
Male \_\_\_\_\_

**Waiver of Liability:** I hereby release from liability the Maryland Salem Children's Trust, Queen Striders, RCCA, all sponsors, race officials and anyone connected with the Salem Challenge 5K Run or 1 Mile Walk/Run for any injury or ailment resulting from my participation in the above stated race. I further state that I am aware that this race is a strenuous activity, and I have prepared properly for my participation in it.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

*(Parent signature required if under 18 years of age.)*

**Pre-registration \$15.00**

(Received by July 19th)

**Students \$12.00**

**Race Day \$20.00**

Tee Shirts are guaranteed to the first 100 entries.

**Mail form and entry fee to:**  
**Maryland Salem Children's Trust**  
**605 Salem Drive**  
**Frostburg, MD 21532**  
**c/o Donna Brenneman**