

## 2010 Honeygo Family 5k & Kids Run

*A portion of the proceeds will be donated to the Baltimore County Department of Recreation and Parks*

**Date:** Sunday, November 7<sup>th</sup> 2010

**Start Time:** 8:00 AM for 5k, 9:00 AM for Kids Run

**Location:** The Honeygo Run Regional Park  
Honeygo Boulevard  
Nottingham, MD 21236

**# of Participants:** 5k Limited to the first 400 entries

### Entry Fee:

- Regular Registration: \$20 for 5k, \$5 for kids run (September 16<sup>th</sup> – November 4<sup>th</sup>)
- Race Day & Packet Pickup Registration \$25 for 5k, \$10 for kids run (do not mail registrations after 11/1; online registration is available until the 4<sup>th</sup>)
  - Visit [www.eliteracemanagement.com](http://www.eliteracemanagement.com) for online registration through [active.com](http://active.com)
  - Or mail registration form and check payable to **Elite Race Management, LLC** to P.O. Box 44608 Baltimore, MD 21236

### Pre-Race Packet Pick Up:

- Friday, November 5<sup>th</sup> from 5:00 PM - 8:00 PM at Conte's Bicycles and Fitness of Bel Air [www.contebikesstores.com](http://www.contebikesstores.com)
- Saturday, November 6<sup>th</sup> from 10:00 AM - 4:00 PM at Brick Bodies Perry Hall [www.brickbodies.com](http://www.brickbodies.com)
- Sunday, November 7<sup>th</sup> from 6:00 AM – 7:30 AM at the Start/Finish Pavilion at Honeygo Run Park

### Awards:

- Top 3 Overall – Male & Female
- Top 3 / Age Group – Male & Female, 19 & Under, 20 – 29, 30 – 39, 40 – 49, 50 – 59, and 60+

**All Kids Run participants will receive an award regardless of finish time or place!**

### Course:

- RRCA certified 5k course on asphalt and grass, rolling hills with downhill start
- Police presence on Honeygo Boulevard
- Kids Fun Run is run completely within the paved path on the east side of Honeygo Run Park

### Amenities

T-Shirts for all 5k participants (shirt sizes not guaranteed for those who register after Oct. 31), pre-race warm-up with a Brick Bodies Personal Trainer, water and HEED sports drink available on course, mile splits, random prizes, post-race refreshments, onsite medical professionals, course marshals and signs throughout the course

### Sponsors:

Conte's Bicycles and Fitness, Brick Bodies Gym, Elite Race Management

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## HONEYGO FAMILY 5K – NOVEMBER 7<sup>TH</sup>, 2010 – HONEYGO RUN REGIONAL PARK – 8:00 AM

### Contact Info:

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ MI \_\_\_\_\_  
Mailing Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_  
ZIP Code: \_\_\_\_\_ E Mail Address \_\_\_\_\_ Telephone # \_\_\_\_\_

### Personal Info:

Age on race day: \_\_\_\_\_ Birth Date: \_\_\_\_\_ Male or Female: \_\_\_\_\_

**Payment Information:** (make checks payable to: **Elite Race Management LLC**)

**Shirt Size:** (circle one) **S M L XL XXL**

**Please check next to the correct amount:**

- |                          |   |                                |
|--------------------------|---|--------------------------------|
| <input type="checkbox"/> | 5k Registration                                 | \$20.00 (\$25.00 after Nov. 4) |
| <input type="checkbox"/> | Kids Run Registration (Open to kids age 6 - 12) | \$5.00 (\$10.00 after Nov. 4)  |

### Waiver/Release Must Be Signed Before Mailing:

In consideration of the acceptance of my entry, I, on behalf of myself, my heirs, executors and assignees, hereby release and discharge Elite Race Management LLC, RC Bicycles LLC, the race director, the Baltimore County Department of Recreation and Parks, Brick Bodies Health Clubs, Honeygo Run Regional Park personnel, volunteers and race sponsors of all claims, damages, demand, actions, whatsoever in any manner arising out of my participation in said athletic event. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate. Further, I hereby grant full permission to any and all of the foregoing to use my name, photographs, videotapes, motion pictures, recordings or other record of this event for any legitimate purpose, without compensation or remuneration.

\_\_\_\_\_  
Signature (parent or guardian signature if under 18)

\_\_\_\_\_  
Date