



AMES UNITED METHODIST CHURCH
112 Baltimore Pike Bel Air, MD 21014
410-838-0161

4th Annual 5K RUN & 2K WALK

Racing to Feed the Hungry Daily

DATE May 12, 2012

New Date!

RUNNERS TIME 8:00 AM

WALKERS TIME: 9:00 AM

LOCATION Annie's Playground 864, Smith Lane, Fallston, MD

RACE COURSE Start & Finish for runners/walkers at Annie's Playground

PRE-RACE DAY REGISTRATION & PACKET PICKUP

May 11, 2012 from 4-7 PM Charm City Run in Bel Air, MD

RACE DAY REGISTRATION 7-7:45 AM Annie's Playground

ENTRY FEES Early Entrants by Apr 12, 2012 (\$15.00)

After Apr 12, 2012 (\$20.00)

FEE COVERS

- Random Prizes
- Refreshments
- Dri-fit T-Shirts

Runners and Walkers must register by Apr 15, 2012 to be guaranteed a T-shirt.

Women's cut is available. For more info, contact Race Director Donna Lewis

410 420-1637 or mobile 410 802-0008



We ask that each participant bring at least one canned-good. ALL PROCEEDS BENEFIT THE HARFORD FOOD BANK

MAIL FORM & CHECK (payable to Ames UMC)

Elite Race Management, LLC

P.O. Box 44608, Baltimore, MD 21236

(410) 652-5850

RACE APPLICATION FORMS

www.amesumcbelair.org

www.active.com (Race to feed the hungry)

410.420.1637 or 410.802.0008 cell

Awards

- 1st Three M/F Overall - CASH AWARDS
- 1st Masters M/F 40-49
- 1st Grand Masters M/F 50-59
- 1st Sage Masters M/F 60-69
- 1st Eagle Masters 70+ M/F

- Finisher's Medals up to age 19
- Highest Number Corporate/Organization Church Challenge Finishers (2K Walk Only)
- Fastest Three Co-ed Teams (5K Run Only)

RACE APPLICATION

EVERYONE PLEASE CHECK ONE: Individual Runner Individual Walker

2K Walk Corp./Org./Church Challenge *Team Name: _____ Co-Ed Running *Team Name: _____

Individual Names for **Co-Ed Running Team:**

1. _____ 2. _____
3. _____ 4. _____

*Each co-ed team member must complete an individual registration form. I hereby waive any and all rights and claims for damages of any kind I may have against Ames United Methodist Church, Town of Bel Air/Ma and Pa Trail, their respective officers, directors, agents and employees, Elite Race Management LLC, RASAC, RRCA, the race director, and their agents and sponsors for any and all injuries suffered by me in connection with my participation in the Racing to Feed the Hungry 5K Run and 2 K Walk. By my signature I acknowledge reading and understanding this clause, and attest and verify that I am aware of the hazards associated with this event and am physically fit and have trained sufficiently for this event. Race and walk will be rain or shine and there will be no refunds.

Name _____ Age (as of race day) _____ Male Female

Address _____ City _____ State _____ Zip _____

E-Mail _____ Phone _____ 5K Run 2K Walk

T-Shirt Size S M L XL 2XL 3XL **WOMEN'S CUT** S M L XL 2XL 3XL

(additional charge for 2XL \$1.50; 3XL \$3.00)

Adult's Signature _____ Date _____

Parent/Guardian Signature _____ Date _____

(if under 18 yrs)