




# St. Patrick's Day 5K Race/Fun Walk 3rd Annual



A **HUMAN SERVICES COUNCIL, INC. (HSC) EVENT** to benefit our community based programs for children & youth in Caroline County. All proceeds will go to the Hand-in-Hand Fund.

## Saturday, March 13, 2010 @ 10:00 a.m.

**Where:** HSC Office Headquarters, 317 Carter Avenue in Denton, Maryland 21629

**Registration:**  *Early Registration:* \$15.00 through Friday March 5th and guaranteed Race T-Shirt  
*Late Registration:* \$20 after March 5th through Race Day....  
**REGISTRATION OPEN RACE DAY FROM 8:30am-10:00am**

**SLEEPWALKER** Registration Option: \$25 to stay in bed, no sweat and contribute to the good work of the HSC and its partners.

For more information go to [www.seashorestriders.com](http://www.seashorestriders.com)

Register Online at [www.active.com](http://www.active.com) - Registration forms can also be downloaded from the [cchsc.org](http://cchsc.org) website  
**Register EARLY!!**

**Free parking provided at the Denton Fire Co. & Health Dept. on 7th Avenue**

**Awards:** Overall and Master Champions and top three finishers in each age group in the 5K Race.



**Best St. Patrick's Day Spirit Costume & Top Pledge Award**



**Course:** Out and back course through scenic residential neighborhood and local State Park, flat and gentle grades, fast and easy.

**Amenities:** Custom design T-shirt guaranteed to Early Registration, festive give-aways, mile marks, display clock, water stop, door prizes and refreshments. Finish-line, course set-up and measurement handled by Tim Bamforth, Seashore Striders Event Production, Inc.



**Race Coordination:** Beth McCullough **Race Production:** supported by Caroline Recreation & Parks

**For Information:** Call Peg Breeding at the Human Services Council Office at 410-479-4446 ext.114

**For information on this 501(c)(3) visit the web at [www.cchsc.org](http://www.cchsc.org)**

**St. Patrick's Day 5K REGISTRATION FORM**

**MAKE CHECKS PAYABLE TO: CAROLINE HUMAN SERVICES COUNCIL; MAIL FORM & FEE TO : 5K 317 Carter Avenue, Suite 101, Denton, MD 21629**

In consideration of this entry, I hereby waive for myself, my heirs, executors, administrators, any and all claims of damages I may have against the Caroline County Human Services Council, Inc. for any claims arising from my participation and or photos in this event.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

ADULT SIGNATURE FOR UNDER 18 \_\_\_\_\_

NAME: \_\_\_\_\_ MALE \_\_\_ FEMALE \_\_\_

ADDRESS: \_\_\_\_\_ DAY PHONE #: ( ) \_\_\_\_\_

Adult SHIRT SIZE (circle one): SM MED LG XLG XXLG Email: \_\_\_\_\_

WHICH ACTIVITY (circle one): 5K Race 5K Fun Walk Sleepwalker

AGE GROUP (circle one): 14 & under 15-19 20-29 30-39 40-49 50-59 60-69 70 & up

\_\_\_ Yes(!), I would welcome a receipt for my tax deductible donation to the HSC; Amount enclosed is : \$ \_\_\_\_\_

