

Please bring a CANNED FOOD item to donate to the Williamsport Food Bank!



BENEFIT: Training programs at Barr Construction Inst.
DATE: Tuesday, July 4, 2017
TIMES: 6:45 AM Registration & Packet Pick up
 8:00 AM—1 mile & 5 K run
Location: Williamsport American Legion Outdoor pavilion

COURSE: 5K Start & Finish will be at the Williamsport American Legion Outdoor Pavilion, 400 American Legion Dr., Williamsport, MD.
AWARDS: Top 3 male and female finishers in each age group along with 1st place veteran award for each branch of service

T-SHIRTS All pre-registered adult participants are guaranteed a t-shirt; Fees: Includes 5K run, t-shirt is pre-registered and breakfast after race:
 \$15 one mile before 6-18-2017 \$20 one mile after 6-18-2017
 \$25 before 6-18-2017 \$30 after 6-18-2017
 \$15 under age 18 \$15 no shirt \$10 veteran
 _____ please register me for breakfast only \$5 per person

Contact: Darlene @ 301-739-1190x122 or Darlene@abccvc.com :
 ABC, Attn: 5k run, 530 N. Locust St., Hagerstown, MD 21740

OFFICE USE ONLY	
Payment method:	Bib #

1mile before 6/18	1mile after 6/18	5k before 6/18	5k after 6/18	<18 before 6/18	5k no shirt after 6/18	vet after 6/18
-------------------	------------------	----------------	---------------	-----------------	------------------------	----------------

15	20	25	30	15	15	10
----	----	----	----	----	----	----

First Name							
Last Name							
Street Address							
City							
State						Zip	
Gender							
Date of Birth		Month		Day		Year	
Are you a Veteran? (Check one)				YES		NO	
Veteran Branch of Service:							
Age on Raceday:							
Cell Phone Number:							
Email Address:							
Check T-Shirt Size:							
Youth Small		Youth Medium		Youth Large		Adult Small	
Adult Medium		Adult Large		Adult X-Large		Adult XX-Large	
Check Your Age Category							
12 & under	13-15	16-19	20-29	30-39	40-49	50-59	
60 & OVER							

RELEASE & CONSENT FORM: In consideration of the acceptance of my entry/my child's entry, I for myself or my child our executors, administrators, and assignees... do hereby release and discharge the organizers of this race and all other sponsors and organizers of all claims and damages, actions, whatsoever in any manner arising out of my/my child participation in said athletic event. I attest and verify that I have full knowledge of the risks involved in this event and I am/my child is physically fit and sufficiently trained to participate in this event. Further I grant full permission to any all of the foregoing use to use my/my child's name, photographs, videotapes, motion pictures, recordings or any other record of this event for any legitimate purpose without compensation or remunerations.

Signature : Parent is under 18: _____

REGISTRATION: Please mail completed form and payment to:
REGISTER ONLINE: www.raceit.com, or www.abccvc.com No refunds!