

REMEMBRANCE RUN/WALK

Saturday, September 26, 2009

Marina Park - Federalsburg, Maryland

All proceeds go to CAROLINE HOSPICE FOUNDATION

Where: Registration, start and finish at Federalsburg Marina Park, located on MD 313 & 308; on the beautiful Marshy Hope River.

REGISTRATION: Preregistration online @ www.active.com, DOWNLOADABLE @ WWW.SEASHORESTRIDERS.COM or call Hospice Home 410-479-3500 for additional sites to pick up form. Day of Run/Walk, on site 7:30 a.m. to 8:50 a.m.

TIMES/course: 9:00 A.M., 5K (3.125 Miles) thru downtown Federalsburg
9:15 a.m., 2 mile Walk on the Marshy Hope Hike/Bike Trail

RUN AWARDS: Male & Female Overall and Master Champions: TOP 3 FINISHERS – 10 & UNDER, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & OVER

AMENITIES: T-shirts guaranteed to entries received by 9/14/09, display clock, water stops, door prizes
Refreshments for all participants, medals for participants under age 13.

TO REGISTER: Detach Form, Send money order or check payable to: Caroline Hospice Foundation R/W
613 South 5th Street
Denton, MARYLAND 21629

ADDITIONAL INFORMATION: Race Director Tim Bamforth @ 302-644-8952 or www.seashorestriders.com

ENTRY FORM

Registration Fee Enclosed \$ _____ Additional Donation Enclosed \$ _____ NO CASH PLEASE!

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|--|----------------------|
| _____ 5K (over 18) \$15 by 9/14/09 \$20 after 9/14/09 | Age on 9/26/09 _____ |
| _____ 5K (6-18) \$10 Student Rate (\$5 extra for t-shirt) | Age on 9/26/09 _____ |
| _____ 2 Mile Walk (over 18) \$15 by 9/14, \$20 after 9/14 | Age optional _____ |
| _____ 2 Mile Walk (6 to 18) \$10 (\$5 extra for t-shirt) | Age on 9/26/09 _____ |
| _____ 2 Mile Walk (5 & under) FREE (\$5 extra for t-shirt) | Age on 9/26/09 _____ |

STROLLERS AND WAGONS ARE WELCOME ON WALK COURSE.

WAIVER AND RELEASE: I recognize that participation in this activity may involve certain hazards. I should not enter unless I am medically able & properly trained. I assume the risks associated with involvement in this activity, including but not limited to falls, contact with participants, effects of weather, road and traffic conditions, these risks being known and appreciated by me. Having read this **WAIVER RELEASE** and considering the acceptance of my application, for myself and anyone entitled to act on my behalf, waive and release The Town of Federalsburg, The Seashore Striders, Caroline Hospice Foundation, Inc., all sponsors and hosts, and their representatives and successors, from any claim of liability arising from my involvement in this activity.

MANDATORY: I understand that motor vehicles and other wheeled vehicles may be on portions of this course, and I accept this risk.

SIGNATURE: _____ DATE: _____

Parent Signature if under 18: _____ DATE: _____

Participant Name _____ Male Female
(Please circle) (Please Circle)

Complete Address: _____

Telephone: _____ Email: _____

Please Circle One: _____ T-Shirt size: XS S M L XL 2XL MALE FEMALE

Your Name _____
Complete Address: _____

Telephone: _____ Email _____

| Sponsors Names: | Telephone: | Amount Collected |
|-----------------|------------|------------------|
| 1. _____ | | |
| 2. _____ | | |
| 3. _____ | | |
| 4. _____ | | |
| 5. _____ | | |
| 6. _____ | | |
| 7. _____ | | |
| 8. _____ | | |
| 9. _____ | | |
| 10. _____ | | |

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Please attach additional sheet if needed.

The ultimate objective of the Remembrance Run/Walk is to raise as much funding as possible for the Caroline Hospice Foundation to provide care for terminally ill Caroline County residents and their families, both in the own homes, and in our Hospice Home. You can contribute directly to this effort. Please ask your family and friends to sponsor you at this event. Form Teams at your place of business, church or civic group. Contributions are tax deductible and we will provide receipts upon request.

With the opening of the Caroline Home For Hospice in 2005, Caroline Hospice Foundation is able to provide a home-like setting for 3 terminally ill residents of Caroline County who can no longer stay in their own home. We help them find comfort, dignity and even fun and laughter to make their stay in our Home as pleasant as possible. We also offer services, supplies and equipment to patients able to remain living in their own homes. In order to do this, we must raise at least \$360,000 each year. The Remembrance Run/Walk is part of our ongoing fundraising efforts. **We receive no State, Federal or insurance funding and must staff 2 qualified Caregivers 24/7. Foundation Staff are available week days 8 a.m. to 4:30 p.m.**

All supplies and equipment, including residency at the Caroline Hospice Home, are FREE of Charge. We need and welcome your support! Please sponsor a "walker" or "runner", get a Walk or Run Team together, be an event sponsor or just come out to walk, run or cheer for your friends and neighbors, on Saturday morning, September 26, 2009.