1st Annual Women in Defense Mother's Day Weekend 5K Race & 1.5 Mile Fun Walk

To Benefit Women in Defense's HORIZONS Scholarship Fund
Co-sponsored by Women in Defense Chesapeake Bay Chapter & Chesapeake Bay Running Club
Saturday, May 8, 2010 – 9:00am
Patuxent River, MD

Event:	A timed 5K race and 1.5 mile fun walk
Rules:	Participants may register for only one event. Please mark this clearly below.
5K Race Awards:	Overall top male and female. Top three male and female in the following age categories: 9-under, 10-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60+
Course:	A mostly level paved course through Patuxent River Naval Air Station
Entry Fees:	Pre-registration: Mailing - $25, if postmarked by May 1, 2010. Online - $25.00 by May 5, 2010. Race Day: $30. All entry fees are tax deductible.
Race Day Registration:	7:45 – 8:45 a.m.
Register Early:	First 100 paid entrants guaranteed a **custom-designed T-shirt.** **Limited quantities of Small and XXL. Register early to guarantee size!

Race info:
WID web site http://wid.ndia.org/chapters/Chesapeake_Bay
CBRC web site http://www.cbrcmd.org
or call Caitlin Gagnon at 240-925-6387 or Cindy Kolwey at 301-904-6415
or email at WIDChesapeakeBay@gmail.com

*** WID is not affiliated with the Dept. of Defense and our efforts are not officially endorsed by the U.S. Navy

5K Race
1.5 Mile Fun Walk

Saturday, May 8, 2010 - 9:00AM Entry Fee: Mailing -$25 (postmarked by May 1, 2010) or register @ **http://www.active.com/event_detail.cfm?event_id=1843946** , $30 on race day. **Checks payable to**: Women in Defense. **Mail to:** WID c/o Cindy Kolwey, 46950 Bradley Blvd. Lexington Park MD 20653. (PLEASE DO NOT MAIL AFTER MAY 1, 2010).

EVENT
5K Race **Fun Walk**
Please circle one.

Name _____ (Last) _____ (First)

Address _____

City _____ State _____ Zip _____

DOB __ __ - __ __ - __ __ Age on 5/8/10 __ __ Gender **M F**

Preferred T-Shirt Size- S, M, L, XL, XXL

Telephone Number: _____

Email: _____

Race Official Use Only: Number:

Liability waiver must be signed

I assume entry into this race at my own risk and understand that running a road race is a potentially hazardous activity. In consideration of the acceptance of my entry, I, intending to be legally bound, hereby, for myself, my heirs, executors, administrators and assigns, waive and release any and all rights and claims for losses or damages I may have or hereafter accrue to me against the sponsors, Patuxent River Naval Air Station, and any and all individuals and groups involved in the coordination and operation of the Women in Defense 5K Race/Fun Walk, their representatives, successors and assigns for any and all injuries suffered by me in this event, including those attributable to weather conditions or vehicles. I agree to abide by the decision and judgment of race officials regarding my removal from the race course for medical or other valid reasons which they determine to be in the best interests of a safe race for all runners. I attest and verify that I am physically fit and have trained for this race.

Signature (parent or guardian if under 18) _____ Date