



Rununited 5K Run/Walk
July 10, 2010
Snow Hill
8:00 am

Benefit: This race is to benefit the Snow Hill Girls' soccer programs.

Location: Pavillion at Sturgis Park, Snow Hill, Maryland.

Parking: Parking is available behind the Post Office on Washington Street; within a short walking distance to start.

Fees: \$15 if registered before 7/3/10. \$20 after 7/3/10 or day of event. Fee includes T-shirt to first 100 entrants. Make check payable to : **OCTriRunning Sports**

Pre-registration: Register online at OCTriRunning.com or complete the below form and mail to: OC TriRunning Sports, Inc., PO Box 1642, Berlin, MD 21811.

Packet Pick Up/Late Registration: Friday 7/9/10 6:00-7:00 pm at Sturgis Pavillion

Same Day Registration (Rain or Shine): 7:00-7:30 am race day (if not already pre-registered)

Directions: From Salisbury, Route 12 East to Snow Hill. Cross River Bridge which is Washington Street. Parking is on the left behind Post Office. From Ocean City, take 113 South to Business 113 (merge right at McDonald's). Right at stop light onto Washington Street. Parking on right behind Post Office.

Awards: Awards ceremony at 10:00 am. 1st male & female overall and awards to be given in all age groups.

Contact Information: Rick Ramsay 443-614-1064

- **Baby Joggers permitted on course but please NO strollers or pets allowed!**

Detach Here

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Last name: _____ First: _____

Street address: _____

City/State/Zip: _____

Phone: _____ Emergency phone: _____

Email address: _____

Circle T-shirt size: **S** **M** **L** **XL**

Release: In consideration of this entry being accepted, I, intending to be legally bound, hereby for myself, my heirs, executors, administrators, waive and release any and all rights I may have against the organization holding the event, its agents, representatives, successors and assigns for any and all injuries suffered by me at said race. I acknowledge that I have read this general release and I understand the legal consequences thereof.

Signature _____ **Date:** _____

Parents signature (if participant is under age 18): _____