



2009 ANNUAL 5K FUN RUN/WALK

Benefitting Temple Beth Shalom Nursery School
and Aleph Bet Jewish Day School

WHEN: SUNDAY, **April 18th**, starting at 8:00AM; race day registration at 7:15AM

WHERE:

STARTING AND ENDING AT ALEPH BET JEWISH DAY SCHOOL,
1125 SPA ROAD,
ANNAPOLIS, MARYLAND

A scenic route through the Murray Hill section of Annapolis and Truxton Park,
mostly flat with occasional hills, both on paved road and dirt trails.

One water stop mid-run; Walk is a 2 mile course.

ENTRY FEE:

- \$36 per family (may be a combination of walkers and runners -- bring the whole family!) preregistered/\$40 on race day
- \$18 per runner or walker preregistered/ \$20 on race day

WHAT ELSE:

Tee shirts for 1st 100 entries (xl youth and adult sizes)

Prizes for first-third place for both male and female

KID'S RUN FOLLOWING 5K RUN/WALK KID'S RUN STARTS@8:45

Ribbons for all participating kids

Great company! Great exercise!

Please complete registration below or download registration online at www.alephbet.org. **Please make checks payable to Aleph Bet Jewish Day School.** If downloading, please mail to ABJDS 1125 Spa Road, Annapolis, MD 21403. Family registration, please designate who's walking and who's running).

NAME _____

STREET ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ SEX _____ AGE _____

EMAIL ADDRESS _____

WALKER OR RUNNER? _____ RUNNER'S SHIRT SIZE _____

Please apply my funds to: TBS Nursery School _____ Aleph Bet Jewish Day School _____

Additional donation amount \$ _____

I recognize a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event, including but not limited to contact with other participants, effects of the weather including high heat and/or humidity, traffic and the condition of the road. All such risks are known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitle to act on my behalf, waive and release the Aleph Bet Jewish Day School, city of Annapolis, all event sponsors and volunteers, their representatives and successors from all claims or liabilities of any kind arising out of my participation in the event, even though liability may arise out of negligence or carelessness on the part of the person named in the waiver. I grant permission to all the foregoing to use any photographs, motion pictures, or any other record of this event for any legitimate purpose without compensation to me.

SIGNATURE _____ DATE _____