



September 9, 2017

10 K starts at 5:30 pm

5K starts at 6 pm

Location: Chesapeake Bay Business Park (near Terrapin Park) in Stevensville, MD

Online registration: [Run4shelter.net](http://Run4shelter.net)

PLEASE COMPLETE THE FOLLOWING APPLICATION AND MAIL IT WITH YOUR CHECK PAYABLE TO: HAVEN MINISTRIES PO BOX 44 CHESTER, MD 21619

Please fill out one form for each participant:

Last Name

First Name and M.I.

Mailing Address

City

State

Zip

Telephone

email address

Sex: M F

Age: \_\_\_\_\_

DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_

Estimated 10K or 5K finish time for Corral purposes 10K \_\_\_\_\_ 5K \_\_\_\_\_

T-shirts / Please identify size: Small Med Large XL XXL

REGISTRATIONS WILL BE ACCEPTED ON RACE DAY FROM 3:00 PM UNTIL 10 MINUTES PRIOR TO THE DESIRED RACE (5:20 PM FOR THE 10K, 5:50 PM FOR THE 5K)

Entry Fees

REGISTER	5K	10K
June 16-July 15	\$30	\$35
July 16-August 15	\$35	\$40
August 15-Race Day	\$40	\$45

THE EVENT WILL BE HELD RAIN OR SHINE, AND ENTRY FEES ARE NON REFUNDABLE.

All mail-in registrations must be received by August 15, 2017. Any registrations received after August 15, 2017 are not guaranteed a T shirt.

PLEASE READ AND SIGN THE PARTICIPATION WAIVER BELOW

**Liability release:** In consideration of my entry, I, for myself, my executors, administrators, and assignees do hereby release and discharge Haven Ministries, all sponsors, coordinators and all other race organizers and volunteers of all claims of negligence, injuries, damages, demands, and/or actions whatsoever, in any manner, arising from my participation in said athletic event. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in this event.

**Rules:** Run 4 Shelter reserves the right to reject any entry. All entry fees are non-refundable and non-transferable even in the event the race is cancelled. This is noted on our registration application, and when you register for any of our events you must agree to this policy. You may not give or sell your number to another individual – if you do this could result in your disqualification as well as the runner who uses your race number. The entry fee for this year's event will not transfer to next year's event, no exceptions. This policy stays in effect whether you are injured, have an unexpected business or family emergency, pregnancy, etc. There are NO exceptions. Pre-registration forms must be mailed no later than August 15, 2017. Signed waiver and release required for all participants. For the safety of our runners, we do not permit bikes, strollers, roller blades and pets on the course. For more information, please visit [www.run4shelter.net](http://www.run4shelter.net).

sign here (parent/guardian please sign for minor child)

Questions? Call Krista 410-739-4363 [Run4shelter.net](http://Run4shelter.net)