



16th Annual Thanksgiving 5K Race & Prediction Run/Walk 5K



To Benefit Special Olympics of St. Mary's County Presented by the Chesapeake Bay Running Club Saturday, November 17, 2012 - 9:00am Visitor's Center, St. Mary's City, MD

Baked Goods! Door Prizes! Win a Turkey!



Events: A timed 5K race, Prediction 5K, and a short course historic fun walk (1.5 miles)

Rules: Participants may register for only one event. Please mark this clearly below.

Participants of the Prediction 5K will be required to predict their finishing time at race day number pick-up and will not be allowed to wear a watch.

Walkers are invited to participate in any of the events and will be scored along with the runners. Or, walkers may opt for the short course walk.

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+

Prediction Run Awards: Top 5 overall that finish closest to their predicted time

5K Course: Flat, fast and quiet paved roads

1.5 Course: Mostly level paved paths through the historic part of scenic St. Mary's City

Entry Fees: Pre-registration: \$15, if postmarked by Wednesday, November 07 Race Day: \$20 All entry fees are tax deductible.

Race Day Registration: 7:45 - 8:45 a.m.

Register Early: First 120 paid entrants guaranteed a custom-designed Long Sleeve T-shirt. **Limited quantities of Small and XXL. Register early to guarantee size!



Race info:

CBRC web site http://www.cbrcmd.org or call 301-475-9829 or 301-872-0364

5K Race Prediction 5K 1.5 Mile Fun Run

Saturday, November 17, 2012 - 9:00AM Entry Fee: \$15 (postmarked by November 07th), \$20 on race day. Checks payable to: Special Olympics - St. Mary's County. Mail to: "CBRC c/o S Edgar", Attn: Turkey 5K, 22235 Bull Road, Leonardtown, MD 20650 (PLEASE DO NOT MAIL AFTER NOV 7).

EVENT table with columns for 5K Race, Prediction 5K, and Fun Walk. Includes instruction 'Please circle one.'

Name form with Last and First labels

Address form

City, State, and Zip form

DOB, Age on 11/20, and Gender form

Telephone Number form

Email form

Preferred T-Shirt Size form (S, M, L, XL, XXL)

Race Official Use Only:

Number and Predicted Time form

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, Historic St. Mary's City, and any and all individuals and groups involved in the coordination and operation of the Thanksgiving 5K Race / Prediction 5K Run, 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 _____