

1st Annual Mental Health Matters 5 Mile Run/1.5 Mile Walk



Presented by the Queen City Striders



May 28, 2016 @ 8:30am – Registration from 7:30 – 8:15 am

Course: Out and back rail trail course starting and ending on the Downtown Cumberland Mall. Course travels up past the Western MD Rail Road Steel Truss Bridge and back. Awards and refreshments will be at the finish line upon completion of the race.

Age Groups: under 9, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+

Awards: Awards to the top 3 in each age group (Male/Female) for the run. Cash Prizes for overall Male/Female 5-Mile finishers.

Entry Fee: Run → \$20.00 postmarked before May 18, 2016 or \$25 race day
Walk → \$12.00 postmarked before May 18, 2016 or \$15 race day
Shirts guaranteed to pre-registered and upon availability on race day

Checks made payable to: Allegany County Health Dept. Donation Fund (Please put MHSO in the memo field) * **Proceeds will go to the Mental Health System's Office** *

Mail to: Megan Mertz
932 Seton Drive, Apt. 12
Cumberland, MD 21502

Questions: 301-707-1188 or
meganmertz9@yahoo.com

Name: _____ Age: _____ M or F

Address: _____

Phone: _____ 5 Mile Run _____ 1.5 Walk _____

Shirt Size: S M L XL XXL(\$2 extra)

Waiver and Release: I have trained for this event and I am physically able to participate in this event. Therefore, I release and waive all rights and claims for damages I may have against the Queen City Striders, RRCA, property owners, the City of Cumberland, all sponsors, race officials, volunteers, participants, or anyone connected in any way with this event. I do here consent to the use of my name and or photo in connection with publicity about the race.

Signature

Parent/Guardian if under 18.

Thank you for showing that mental health matters to you!