



Queen City Striders and Cindy's Fund Present:
 "Run for Your Life!" Monster Mash 5K Run/1 Mile Walk
 Saturday, October 19, 2019
 Mountain Fresh Farmers Market Pavilion, S 1st Street, Oakland, MD
 Registration: 4:00 p.m. Start: 5:00 p.m.
 Presented by QCS and Cindy's Fund with proceeds benefiting Cindy's Fund

- Course:** **5K:** Challenging route through beautiful downtown Oakland, Maryland.
Beware! You will be followed by Monsters as they attempt to take the flags from around your waist.
1 Mile Walk: Route will be in beautiful downtown Oakland, Maryland.
Monster Dash – for children under age 10 at the Farmers Fresh Pavilion.
- Awards:** \$25 to first male and female runners of 5K. Non-cash awards will be given to the top 3 male and female runners.
 The top male and female walkers will also receive awards.
 Award for the Monster with the most flags. *No duplication of awards.*
- Registration:** Register by October 10, 2019. Race fee includes a long-sleeved shirt.
 5K/1Mile: \$25 if pre-registered, \$30 after October 10 and on race day. Monster Dash: \$5 per child.

Make checks payable and mail to: Cindy's Fund
 P. O. Box 182
 Oakland, MD 21550

Information: www.cindysfund.org
 Cindy's Fund on facebook.com
 or Mandy at 301-616-6709

REGISTRATION FORM – Please print and mail along with a check by October 10, 2018

Name: _____ **Age on 10/10/19** _____ **Sex:** Male ___ Female ___

Address: _____ **Phone:** ____ - ____ - _____

E-mail: _____

Race: 5K Run: ___ 1 Mile Walk: ___ **Shirt:** S ___ M ___ L ___ XL ___ XXL ___ (\$2 extra)
 Youth: XS ___ S ___ M ___ L ___ XL ___

Release: For and in consideration of my participation of the 7th annual Cindy's Fund race and other valuable consideration, receipt of which is hereby acknowledged. I do hereby agree, on behalf of myself, my heirs, executor, administrator and assigns, to indemnify, release and forever discharge the organizing committee, Cindy's Fund, RRCA, Queen City Striders and all sponsors; their officers, servants, agents and employees of said organizations and volunteers associated with Cindy's Fund, jointly and severally, and to hold and save harmless from and against any and all actions, claims, demands, judgments, liabilities, suits, loss, damage or expense of whatever nature, including attorney fees, whatsoever in case of any death or personal injury, which may at any time be incurred by reason of my participation in or preparation (before and after) the aforesaid competition. I do hereby consent to the use of my name and/or photograph in connection with publicity about the race. **HEADPHONES AND CELL PHONES ARE NOT RECOMMENDED. NO PETS ALLOWED.**

X _____ X _____
 Signature of Participant Signature of Parent/Guardian (if under age 18)

Additional details and activities will be posted on the Queen City Striders & Tri-State RUNNER Web site
GAMES, CONTESTS, FOOD AND MUSIC! FUN FOR THE ENTIRE FAMILY!!