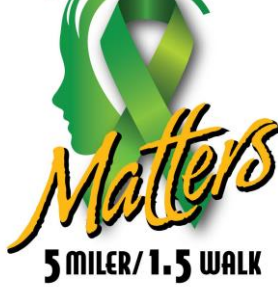


3RD ANNUAL

MENTAL HEALTH



Presented By:



May 12, 2018 @ 8:00am (Same Day Registration from 7:00 – 7:45 am)

Course: Out and back rail trail course starting and ending at Station Plaza of Canal Place. Run travels up past the Western MD Rail Road Steel Truss Bridge and back. Walk travels just past Valley St. and back. Awards and refreshments will be at the finish line upon completion of the race.

Age Groups: under 13, 14 - 19, 20 - 29, 30 - 39, 40 - 49, 50 - 59, 60+

Entry Fees:

RUN → \$20.00 before April 28th, \$25 after April 28th
Under 18: \$18.00

WALK → \$12.00 before April 28th, \$15 after April 28th
~~ Shirts guaranteed to pre-registered and upon availability on race day ~~

Checks made payable to: MHM 5-Miler

Proceeds benefit the Behavioral Health System's Office (formally the MHSO)

Mail to:

Megan Mertz
819 National Hwy, Frnt
LaVale, MD 21502

Questions?

(301) 707-1188
meganmertz9@yahoo.com

Find us on Facebook: Mental Health Matters Run/Walk

RUN AWARDS

Top 3 Male & Female Overall Winners will receive CASH!!

1st: \$250

2nd: \$125

3rd: \$75

(Extra \$25 given if you break our course record!)

****Male/Female Masters: NEW SHOES** donated by Personal Best Athletics

****Top 3 in each age group**

Male Course Record: Woody Snoberger, 26:22 (2017)

Female Course Record: Lina Lauritsen, 32:57 (2016)

Name: _____ Age on race day: _____ M or F

Address: _____

Phone: _____ 5 Mile Run _____ 1.5 Walk _____

Email: _____

Shirt Size: S M L XL XXL 3XL(\$3 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!