

# REGISTRATION & RELEASE FORM

NAME:

\_\_\_\_\_  
Last First M.I.

ADDRESS:

Street

City State Zip Code

AGE:

GENDER:

MALE  FEMALE

T-SHIRT SIZE:

S  M  L  XL

HOW DID YOU HEAR ABOUT THE POND SKIPPER 5K?

Please mail this form to:  
Thrive Baltimore  
8094 Sandpiper Circle, Suite G  
White Marsh, MD 21236

CHECKS SHOULD BE MADE PAYABLE TO:  
THRIVE BALTIMORE

- \$25 ADULT PARTICIPANT (13 AND OVER)  
 CHILDREN FREE (12 AND UNDER)

CHILD'S NAME \_\_\_\_\_

Pre-race registration deadline: Wednesday, May 5  
Registration after May 5 is on race day only and is \$30. Only Cash will be accepted. No Checks. T-shirts are only guaranteed to those who pre-register.

MANDATORY RELEASE FORM: All applications MUST be signed to enter this event. No entry will be accepted without the appropriate fee. THERE WILL BE NO REFUNDS. In consideration of accepting this entry, I, the undersigned, intending to be legally bound hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against Thrive Baltimore, or anyone associated with this event, their representatives, successors, and assigns for any and all injuries suffered by me in said event. I will additionally permit the free use of my name and pictures in broadcasts, telecasts, newspapers, magazines, and Thrive Baltimore promotional materials, including the web-site. I UNDERSTAND THAT I AM REQUIRED TO RETURN THE CHAMPION CHIP TIMING DEVICE ISSUED TO ME, OR I WILL BE LIABLE FOR A \$30 REPLACEMENT FEE. This entry is invalid unless signed.

Signature \_\_\_\_\_

# RACE INFO

Saturday, May 22, 2010  
Registration Time: 8:00-9:00 a.m.  
Starting Time: 9:10 a.m.  
Location: Stansbury Park  
Parking Location: Grange Elementary School  
Fees:  
\$25 by May 5 (no refunds)  
\$30 on race day (cash only)  
T-shirts are only guaranteed to those who pre-register.

Registration on-line at: [thrivebaltimore.net](http://thrivebaltimore.net)

## Directions:

I-695:  
From I-695 East take Merritt Blvd.  
Exit 39 onto Merritt Blvd.

Take Merritt Blvd. to Wise Ave.

Turn Left onto Wise Ave. Go to the first light and turn Right onto Church Rd.

Follow Church Rd. until you come to Grange Elementary on your right. Turn Right into Grange Elementary to park your car.

Follow signs from school to the registration table.

## Age Categories:

- 13-17  
18-25  
26-34  
35-42  
43-50  
Masters (51+)



D U N D A L K  
P O N D  
S K I P P E R



CUT ALONG THIS LINE

Thank you for participating in the 3rd ANNUAL Dundalk Pondskeeper 5K. The Pondskeeper 5K is not only a race to highlight the beautiful community of Dundalk, but will also raise support for the Family Crisis Center, one of the non-profit organizations that is working to make a difference in the community of Dundalk. A portion of the proceeds from the race will go to support their cause.

Last year we raised over \$1500 with the help of over 130 runners to help the Greater Baltimore Center for Pregnancy Concerns. So on behalf of Thrive Baltimore, all the sponsors of the race, and the community of Dundalk we say thank you for your support. Good luck and have fun in the race.

There will be numerous awards given away after the race is complete. The overall winners for both the male and female groups will be awarded \$100. The category winners will be awarded a medal.



R A C E  
REGISTRATION