



**SJRCS Wildcats Blue  
Ribbon Run/Walk  
April 21<sup>st</sup> Baker Park**



**We are so proud of our Blue Ribbon award and also want to give back to our community! Part of the proceeds will be donated to:**

**SHIP (Student Homelessness Initiative Partnership) of Frederick County!**

**9 am: 1K: \$10**

**9:30 am: 5K: \$30 Family discount: \$90 (4-6 participants)**

Register online at [www.sjrCs.org/5k](http://www.sjrCs.org/5k) or fill out form below for each participant.

Make checks payable to: SJRCS

Mail to: SJRCS 5K 8414 Opossumtown Pike, Frederick, MD 21702

First Name: \_\_\_\_\_ Last name: \_\_\_\_\_

Age on race day: \_\_\_\_\_ M/F: \_\_\_\_\_ 5K or 1K \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Registration includes an Awesome T-shirt! Pick your size below:

T-shirt size: Youth: small \_\_\_\_\_ med \_\_\_\_\_ large \_\_\_\_\_

Adult: small \_\_\_\_\_ med \_\_\_\_\_ large \_\_\_\_\_ XL \_\_\_\_\_ XXL

*Waiver: I understand that running or walking a race course can be a hazardous activity and that I am physically prepared for this event. I hereby waive all claims and damages against St. John Regional Catholic School, organizers and/or sponsors for injury I may suffer by participating in this event.*

Participant/Parent signature: \_\_\_\_\_ Date: \_\_\_\_\_

Name of Parent/Guardian: \_\_\_\_\_

*(if under 18 years old)*

