



Saturday, August 12, 2017 Time: 8:00 AM

**Location: Governor Thomas Johnson High School
1501 North Market Street, Frederick, MD**

Come and have fun while you support the Governor Thomas Johnson Marching Patriots. The Running with the Band 5K is a cross country run that starts and finishes on the track. The course goes through the athletic fields before entering the grounds of historic Rose Hill Manor - home of the first governor of Maryland. The course is mostly gently rolling meadow.

Entrance Fee: \$15 before July 1, 2017
\$20 July 1-August 11
\$25 Race Day

Packet Pickup: Friday August 11: 5-7 PM by the entrance to the football field at Governor Thomas Johnson High School
Race Day: 6:45 - 7:45 AM

T-shirt guaranteed for registrations completed before August 1.
Awards for Male/Female in 10 year increments and Overall (No duplicate awards).
Plenty of parking available in the 2 lots nearest the football field.
Refreshments provided. Random prizes. Rain or Shine.
Course timing provided by Frederick Steeplechasers.

Make Checks to: TJBB* and mail to Running with the Band 8316 Jordan Valley Way, Frederick, MD 21702

Contact: Peter Ricciuti email- pricciuti@msn.com

Website: Race forms are also available online at tjband.org

*Thomas Johnson Band Boosters

-----detach here -----

Running with the Band 5K ENTRY FORM 8/12/17 PLEASE PRINT LEGIBLY

Name _____ Sex _____ Age _____
 Address _____
 City, State Zip _____
 Phone _____ E-mail _____
 SHIRT SIZE (circle one) SM M L XL NONE

Waiver (MUST BE SIGNED)

In consideration of your accepting this entry, I, the below signed, intending to be legally bound, for myself, my heirs, my executors and administrators, waive and release and any all rights and claims for damages I may have against the race, and sponsors and their representatives, successors and assigns for any and all injuries suffered by me in said event. I attest that I will participate in this event as a footrace, that I am physically fit and sufficiently trained for the completion of this event. Furthermore, I hereby grant full permission to use my name and likeness, as well as any photographs and any record of this event in which I may appear for any legitimate purpose, including advertising and promotion.

Signature _____ **Date** _____

Parent or Guardian if under 18 _____

Sorry, No Refunds but you may transfer your registration.