



ANNUAL
RIDGE VOLUNTEER RESCUE SQUAD ASSOCIATION

5K RUN/WALK (Rain or Shine)
Saturday, May 19, 2018 at 8:00 a.m.
Point Lookout State Park

Racing Awards: 5K Run Awards – Overall top male & female, and top three in each male and female age group
Divisions: Male & female under 16, 16-19, 20-29, 30-39, 40-49, 50-59, 60+
Course Layout: A 5K out and back course through scenic Point Lookout State Park
Entry Fees: \$30 if postmarked by 5/12/18; \$35 day of race; \$5 discount given to CBRC Members
Additional donations encouraged!
Race Day Registration: Saturday, May 19th at Point Lookout State Park, 7:00-7:50 a.m.
Directions to the race: Follow Route 235 South to Ridge. Make left on Route 5 and proceed to Point Lookout State Park. Parking and the start line are located in the picnic/beach area.
Register Early: First 100 paid entrants receive free event T-shirt.
Race Info: Check out the race website: <https://rvrs5k.eventbrite.com> or call 301-904-2812.

Registration: Ridge Volunteer Rescue Squad Association 5K Run/Walk

Name (First, Last) _____ Age on Race Day (05/19/18) _____

Mailing Address (street) _____ (city/state/zip) _____

Date of Birth _____ Male/Female _____

Phone: _____ Email: _____ Tee Size: (M/L/XL) _____

Amount Enclosed: \$ _____ (Check One) 5K Run 5K Walk

Make non-refundable checks payable to: RVRS Association

Liability waiver must be signed.
I understand that participating in a road race or fun walk is a potentially hazardous activity. I assume all risk with participating in this event. I, for myself and anyone entitled to act on my behalf, waive and release Chesapeake Bay Running Club, Ridge Volunteer Rescue Squad, all event organizers and sponsors, and all organizations and/or agencies involved, their representatives and successors, from each and all claims or liabilities of any kind arising out of my participation in this event.

Participant's Signature (parent or guardian if under 18) _____

Date _____

Mail to: Ridge Volunteer Rescue Squad Association 5K Run/Walk P.O. Box 456 Ridge, MD 20680 (if registering by mail, do not mail after May 12th)

