

RACE LOCATION & DIRECTIONS

Johnny Unitas Stadium
Towson University

Parking Lot 20

Baltimore Beltway I-695
Exit 25 (Charles Street) south 1.7 miles.
Left on Towsontown Boulevard.
Right on Osler Drive.
Right on Auburn Drive to Lot 20.

Prizes & Awards

Awards for 5K to top three men and women overall and to top three men and women in all age categories.

Recognition for 1 Mile Walkers

Random Prizes

Random prizes will be awarded.
Must be present to win.

Amenities

- Custom T-shirt
(Guaranteed to first 1000 registered participants)
- Water on course
- Post-race refreshments

Race Management & Results

Official race results will be posted at
www.charmcityrun.com
Race Director: Kelly Dees
Charm City Run Events
Race Hotline: 410-308-1870
kelly@charmcityrun.com

REGISTRATION & PACKET PICK UP INFORMATION

REGISTRATION

- Mail entry form with check (payable to BCDA) to: Baltimore County Department of Aging
Attn: Susan Brooks
611 Central Avenue, Room 325
Towson, MD 21204
or
Register on-line at www.getreadygetsetgetfit5k.com

ENTRY FEE

- Prior to Race Day
\$10 Seniors (60 yrs & older) & Students
\$20 For Other Runners
(Do not mail race application after September 5)

\$25 Day of the Race

ADVANCE REGISTRATION AND PACKET PICKUP

BYKOTA SENIOR CENTER
611 Central Avenue
Towson, MD 21204

- Friday, September 11
Noon – 4:30 p.m.
- Saturday, September 12
10 a.m. – noon

RACE DAY PICKUP

- Sunday, September 13, 7 a.m.
Johnny Unitas Stadium

TEAM UP!

Forming a team is a great way to show the community that your company or group cares.

Both the Largest Team and the Highest Funding Team will win a trophy.

ENTRY FORM

___ Seniors & Students, \$10 \$ _____
___ Other Runners, \$20 \$ _____
___ Day of the Race, \$25 \$ _____
___ I would like to make a donation of \$ _____
Total \$ _____

Name _____

Address _____

City _____ State _____

Zip _____ Phone _____

E-mail Address _____

5K Run _____ 5K Walk _____ 1M Walk _____

Gender _____ Age _____

Shirt Size S _____ M _____ L _____ XL _____
(Adult sizes only)

Team Name _____
(if applicable)

Release and Waiver: In consideration of the acceptance of my entry, I for myself, my personal representatives, executors, administrators, and assigns, do hereby release and discharge, the Baltimore County Department of Aging, Baltimore County, its employees, agents and officials, Towson University, Charm City Run, all volunteers and sponsors of all claims of damage, suits, demands, and actions, whatsoever in any manner arising from my participation in this athletic event. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate. The Baltimore County Department of Aging has my permission to take my photograph and reproduce or duplicate it for any and all legal purposes, including, but not limited to, distribution in electronic and/or print media to enhance the Agency's programs and services.

Signature _____ Date _____
(Parent/Guardian's signature required if participant is under 18 years of age.)

Office Use Only:

Payment \$ _____ Cash _____ Check _____ Check # _____

Date _____ Verification _____

SPONSOR SHEET

Team Name and/or Senior Center *(if applicable)*:

Name & Phone # of Runner/Walker:

SPONSORS

Sponsor Name	Amount
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____
10. _____	_____
Total \$ _____	

*All proceeds support senior fitness programs.
Turn in sponsor money at pre-registration,
on race day or mail by September 21, 2009.*

Office Use Only:

Payment \$ _____ Cash _____ Check _____ Check # _____

Date _____ Verification _____

THANKS TO OUR SPONSORS!

PRESENTING



GOLD



SILVER



BRONZE



PEWTER



MEDIA SPONSORS



SUPPORTERS



Baltimore County Department of Aging
611 Central Avenue, Room 325, Towson, MD 21204

Return service requested

PRESORTED
STANDARD
U.S. POSTAGE PAID
BALTIMORE, MD.
PERMIT No. 7639



Get Ready! Get Set! Get Fit!

5K Run/Walk 1 Mile Walk

*To Benefit
Baltimore County Department of Aging
Fitness Programs for Seniors*

**Sunday,
September 13, 2009
8:30 a.m.**

**Johnny Unitas Stadium
Towson University • Towson, MD**

Honorary Chair
Jim Smith
Baltimore County Executive



www.getreadygetsetgetfit5k.com