

Registration Form

Name: _____

Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

Gender (M/F): _____

Age on Race Day: _____

Email: _____

LIABILITY WAIVER MUST BE SIGNED BEFORE MAILING:

I assume all risks associated with participating in this event. I, for myself and anyone entitled to act on my behalf, waive and release the organizers of the Keep Your Colon Rollin' 5k Walk/Run, including the Calvert County Health Department, Calvert Healthcare Solutions, and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. Further, I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for legitimate purposes.

Signature (parent or guardian if under 18)

Date



Calvert County Health Department
Keep Your Colon Rollin' 5k
PO Box 980
Prince Frederick, MD 20678

Jefferson Patterson Park,
Saint Leonard, MD

To Benefit
Calvert Healthcare Solutions
March 27, 2010
10:30 am

Fifth Annual
Keep Your Colon
Rollin'
5k Walk/Run



Race Information

Awards: A trophy will be awarded to the overall male and female finisher. Medals will be given to the top 3 male and female finishers in each age group: 9 & under, 10-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60 & over.

Participant limit: 250

Entry fee: \$20 postmarked by March 19th; \$25 race day if participant limit is not reached. Each participant receives a t-shirt.

Race Day: Park opens to participants at 9:30 am. Race-day registration/packet pick-up starts at 9:30 am and ends at 10:15 am.

This is a family event.
Vendors and activities will be on site.

DIRECTIONS

Jefferson Patterson Park is located at:
10515 Mackall Road
Saint Leonard, MD 20685

From Northern points:
Take Route 4 (South) into Calvert County. Go approximately 3 miles south past Prince Frederick. Turn right on Rt. 264 (Broomes Island Rd.) and follow for 2 miles. Then turn left on Rt. 265 (Mackall Rd.) and continue for 6 miles. Turn right into the park.

From Southern points:
Take Route 4 (North) into Calvert County. Pass Flag Ponds Nature Park and go approximately 1.5 miles then take a left onto Parran Road (you will have to cross Route 4 South). Follow Parran Road for 1.8 miles then turn left onto Rt. 265 (Mackall Road), follow for 3 miles. Turn right into the park.

Colorectal Cancer

Colorectal Cancer is the 2nd leading cause of cancer deaths in Maryland and the United States.

Talk to your doctor about receiving a colonoscopy at age 50, or sooner with a family history.

The Calvert County Health Department offers free Colorectal screenings for eligible participants. Program Funded by the Maryland Cigarette Restitution Fund .

You can register online!

www.active.com
(search Colon Rollin')

Online registration closes March 19th.

Contact email for online registration:
colonrollin5K@gmail.com

For more information

Contact Tammy Halterman at:
410.535.5400 / 301.855.1353 x348.

You can also visit the Calvert County Health Department website at:
www.calverthealth.org.



Thank you to
Chesapeake Bay Running Club
for providing the
race results!

Make Checks Payable To:
Calvert Healthcare Solutions

Mail To:
Calvert County Health Department
Attn: Tammy
PO Box 980
Prince Frederick, MD 20678

Please check: (check box)

- I am a cancer survivor.
 I am walking/running in memory of:

T-Shirt Size: (Please circle one)

S M L XL XXL

Registration Fee	\$	+
Add'l Donation to Calvert Healthcare Solutions	\$	=
Total Enclosed	\$	

CALVERT HEALTHCARE SOLUTIONS

Calvert Healthcare Solutions (CHS) is a non-profit organization that helps provide health-care services for uninsured individuals.

Calvert Healthcare Solutions is a 501 (c) (3) nonprofit organization, donations to which are tax deductible to the fullest extent allowed by law. To request a copy of Calvert Healthcare Solutions' current financial statement, please call **(443) 404-5761**.