

Entry Form (Print)

Please use one form per person.

First name, last name

Address (Number and street)

Telephone Number

Age on race day _____

Sex (circle one) M F

Adult t-shirt (circle one) S M L XL

Child t-shirt (circle one) YS YM YL

Entry Fee:

\$10 per student 12 yrs or younger,
\$15 per adult, \$40 for family of 4

Total amount enclosed: \$ _____

Waiver Statement/Athlete's Release

In consideration of the acceptance of this entry, the undersigned assume full and complete responsibility for any injury or accident, which may occur during the event or while I am on the premises for the event. I attest and verify that I am physically fit and have sufficiently trained for this event. Furthermore, I hereby release and hold harmless the sponsor, promoters, organizers and all other person or participants in this event including the Stone Lake Community.

Parent or guardian must sign for minor.
X _____



From Route 1 North/South:
turn on Gorman Road. Follow
Gorman Road until you see
Forest Ridge on the right.

From Rt. 29 North/South:
Take Exit 15 for Johns
Hopkins Rd/Gorman Rd.
Follow it through the round-
about and continue until it ends
at Gorman Rd. Turn left on
Gorman Rd. Forest Ridge will
be on the left.

**Forest Ridge Elementary
School**
9550 Gorman Road
Laurel, MD 20723
410-880-5950

Run with the Ridge! 5 K Tech Trot



Saturday
April 9, 2016
8:30 A.M.

All proceeds will go
toward purchasing more
technology equipment
for our school.

Entry Fee & Details

\$10 per student 12 years or younger

\$15 per adult

\$40 per family of 4

For more information or questions please email tech teacher:

Mrs. Pietryka

Ashley_Pietryka@hcpss.org

You can also register online at



Proceeds to benefit Forest Ridge technology fund.

Awards/Prizes

- Medals to top 3 males/females
- Medals will be given to the winners of each male/female in five age groups.
- Random door prizes will also be given out after the race.

Age Groups

11-under, 12-19, 20-34, 35-50, over 50

Registration

This race will be held weather permitting. No refunds of entry fees and no mailed confirmation of entry. Race packet pick-up and race registration at race site on race day from 7:45-8:15AM. T-shirt sizes cannot be guaranteed.

Race Restrictions

Baby joggers/strollers, dogs, roller blades, skateboards, bikes, scooters, or headphones will not be permitted on the racecourse.

Course

The course begins and ends at Forest Ridge Elementary School and will go through the Stone Lake community on Gorman Road.

Come and run with us!



FOREST RIDGE
ELEMENTARY SCHOOL