



10th Annual Walk for the “WELL” of it
All proceeds will benefit Lifetime Wells International

WHEN: Tuesday, January 1, 2019 – Start times: 5K at 9:15, Fun Walk at 9:30
WHERE: Hunter’s Oak Golf Course, 500 Amberly Farm Lane, Queenstown, MD 21658
REGISTRATION:

5K Race

\$30 pre-registration thru December 14, 2018
 \$40 after December 14, 2018

Fun Walk

\$20 pre-registration thru December 14, 2018
 \$30 after December 14, 2018

New Year’s Hangover/Sleepwalker

\$15 pre-registration thru December 14, 2018
 \$20 after December 14, 2018

Note: Race day registration onsite at 8 a.m.

Checks payable and mailed to **Lifetime Wells International, 24321 Shore Hwy, Denton MD 21629**

Awards: Presented to male/female 5K Overall, Masters, and top finishers in each 5K age group:
13 & under, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over

Amenities: Event T-shirts are guaranteed to all pre-registered participants

-----**TEAR HERE**-----

Name: _____	Age: _____	Sex (circle): F M								
Address: _____	T-shirt (circle):	<table border="0"> <tr> <td>Youth MD</td> <td>Adult SM</td> <td>Adult MD</td> </tr> <tr> <td>Adult LG</td> <td>Adult XL</td> <td>Adult 2XL</td> </tr> </table>	Youth MD	Adult SM	Adult MD	Adult LG	Adult XL	Adult 2XL		
Youth MD	Adult SM	Adult MD								
Adult LG	Adult XL	Adult 2XL								
City/State/Zip: _____	Race (circle):	5k Run Fun Walk Hangover/Sleepwalker								
Phone: _____	Payment (circle): cash, or check number: _____									
E-Mail: _____	Amount(circle):	<table border="0"> <tr> <td>Preregistration:</td> <td>After Dec 14:</td> </tr> <tr> <td>\$30 5K Race</td> <td>\$40 5K Race</td> </tr> <tr> <td>\$20 Walk</td> <td>\$30 Walk</td> </tr> <tr> <td>\$15 Hangover</td> <td>\$20 Hangover</td> </tr> </table>	Preregistration:	After Dec 14:	\$30 5K Race	\$40 5K Race	\$20 Walk	\$30 Walk	\$15 Hangover	\$20 Hangover
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\$15 Hangover	\$20 Hangover									

Release of Liability

I know that running a race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely compete and run. I assume all risks associated with running in this event including but not limited to: falls, contact with other participants, the effects of the weather, including cold, high heat and/or humidity, traffic and the conditions of the road, all risks being known and appreciated by me.

Having read this waiver and knowing these facts and in consideration of you accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release: Lifetime Wells International, Hunter’s Oak Golf Course, and all sponsors, their representatives and successors from claims arising from my participation in this event though that liability may arise out of carelessness on the part of the persons named in this waiver.

Signature: _____	Date: _____	Official use only
Parent Signature (under 18): _____	Date: _____	