RUN/WALK REGISTRATION AND PLEDGE FORM

Registration begins at 7am • Race begins at 8 am

SIDE 2

CHECK ONE: 10K RACE 3KWALK

ENTRY FEE: Early Entry \$30 Race Day \$35

Youth 12 and under no charge. Includes tee shirt, refreshments, post race breakfast and prizes. Please make all checks payable to the ESHC Auxiliary.

SEX:	[MALE		FEMALE		
Tee Shirt Sizes: (Circle One)						
	Adult:	М	L	XL	XXL	
	Youth:	S (6-8)	M (10-12)	L (14-16)	XL (16+)	

TEAM NAME:

CONFIDENTIALITY STATEMENT: The Eastern Shore Hospital Center is a health care facility under the jurisdiction of the Maryland Department of Health & Mental Hygiene. We ask that you respect the confidentiality of our patients.

RELEASE: In consideration of this entry being accepted, I, intending to be legally bound, hereby for myself, my heirs. executors, administrations, waive and release any and all rights I may have against the organization holding the event, its agents. representatives, successors and assigns for any and all injuries suffered by me at said race. I acknowledge that I have read this general release and I understand the legal consequences thereof.

Signature

Date

NOTE: Parent's signature is required for all participants under the age of 18.

Completed registration form needed for each participant.



EASTERN SHORE HOSPITAL CENTER

5262 Woods Road, P.O. Box 800

www.eshconline.org or active.com (search for 21613) or call 410-221-2358

May is National Mental Health Month



TO REGISTER:

use our website www.eshconline.org or active.com (search for 21613) or call 410-221-2358

THE RACE ENTRY FEE includes a tee shirt. refreshments, post race breakfast, and prizes. All entry checks must be made payable to the ESHC Auxiliary.

TRACK: The Hyatt Regency of the Chesapeake Bay features a beautiful 18-hole golf course that is designed to present the best of this gorgeous waterfront resort. The running and walking track will be on the golf course. The course will be mile marked, monitored by volunteers with the appropriate number of water stations. Runners will be using chip timing services provided by O.C. Tri-Running Sports. Transportation is provided to the First Aid Center for any injured athlete.



5262 Woods Road, P.O. Box 800 • Cambridge, MD 21613 410-221-2358 www.eshonline.org

judith.slaughter@maryland.gov

The Eastern Shore Hospital Center is the first psychiatric hospital in Maryland to incorporate the treatment mall model for delivery of its clinical services. The mission of the hospital is to provide the highest guality adult inpatient mental health services to residents of all nine counties of Maryland's Eastern Shore by effectively managing hospital resources and coordinating therapeutic treatment programs for patients. Our vision is to combine the most effective treatment approach with a caring environment that enables patients to achieve their greatest potential.

THE GREAT CHESAPEAKE BAY WELLNESS **RACE & FAMILY WALK** raises funds for direct

patient services at the Eastern Shore Hospital Center under the auspices of the Center's Auxiliary. The Auxiliary endeavors to support the patient horticulture therapy program, indigent patient services and numerous other programs that greatly enhance their personal lives.





STEP UP To Help Raise Awareness For Good Mental Health



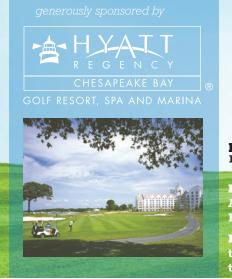
Sponsored by CHESAPEAKE BAY

100 Heron Boulevard Cambridge, Maryland 21613 Join the ESHC Auxiliary to help fight the stigma associated with mental illness & raise money for the patients at the Eastern Shore Hospital Center by participating in **THE GREAT CHESAPEAKE BAY WELLNESS RACE & FAMILY WALK**

Pledges: Use the attached pledge form to register your pledges. Pledge money must be turned in on or before Race Day and will be accepted until 8:00 am on May 11th. All pledges and entry fees are tax deductible. Make all entry and pledge checks payable to the ESHC Auxiliary.

Grand Prizes will be awarded for the **overall best finish** for a male and female runner, as well as the two participants (runner or walker) with the **highest amount of pledges**.

Awards will be presented for the **top male/female runners** in the following groups: **under 18, 18-29, 30-49, 50+.**





Registration • 7 am Starting Time • 8 am Awards Ceremony • 10 am

ENTRY FEES 10K RACE: \$30 (\$35 Race Day) **3K WALK: \$30** (\$35 Race Day)

Business/Organization Team Challenge

A team is a great way to bring people together for fun while supporting a very worthy cause.

Enter a team of 5 individuals from your business or organization for \$125 (\$150 on Race Day).

Each member can choose to participate in the Fun Walk or 10K race.

Team members will receive a tee shirt and breakfast.

All teams will be listed in the Race Program.

Directions to the Hyatt Regency: 100 Heron Boulevard • Cambridge, Maryland 21613

From Baltimore/Washington: Route 50 East through Cambridge. At Route 16 South (traffic light at Wal Mart) turn left onto Heron Boulevard. Follow Heron Boulevard to the Blue Point Restaurant for Registration Area.

From Salisbury/Ocean City: Route 50 West to Cambridge. Turn right at traffic light at Route 16 South onto Heron Boulevard. Follow Heron Boulevard to Blue Point Restaurant.

AND PLEDGE FORM	SIDE 1
Registration begins at 7am • Ra	ace begins at 8 am
CHECK ONE: 10K RACE	3K WALK
Name:	
Street Address:	
City: State	e: Zip:
Phone:	Age:
PLEDGES: Name & Address of Donor	Pledge
	\$
	\$
	\$
	\$
	•
	\$
Total	Pledged \$

RIIN/WALK REC

All pledges must be submitted on or before race day. Remember, Grand Prizes will be awarded to the two participants who raise the most pledges.

Make checks payable to **ESHC Auxiliary**





