

8TH ANNUAL MYOSITIS 5K

Run, Walk N' Roll

For the first time this year - CHIP TIMING!

Saturday, October 21st 2017

Centennial Park, 10000 Route 108, Ellicott City, MD.

Register or Donate on-line: (<http://getmeregistered.com/Myositis5K>) or scan the QR code below! NOTE: Early registration insures receipt of a T-Shirt..



All Proceeds go to the Johns Hopkins Myositis Center and The Myositis Association - in search for a cure for this rare disease.



8:00 Registration and Packet Pick-up
8:45 Welcome and Warm Up Activity
9:00 5K Run followed by walkers and "rollers"
1000 Awards Ceremony
1100 Activities finish

Registration Fees:*

Adults	\$30.00 (\$35 after Oct 10 th)
Under 13	\$15.00

(Register by Oct 1st to insure T-shirt size)



Also available: Free massage therapy demos, silent auction, specialty information tables, Instructor-led warm up exercises, 50/50 drawing.

Please Help: Myositis is a rare, life-altering autoimmune disease that can cause muscle damage, pain, fatigue, weakness, and death. For many who suffer from the illness, it is a challenge to stand up, get out of bed, walk, or to perform other simple day to day activities. Some forms of the disease may also damage the skin and attack major organs of the body. For More Information please contact: Bitsy Anderson at terrybitsy@verizon.net or 410-987-8407.



RACE ENTRY FORM PLEASE PRINT LEGIBLY
For all Registrants at the same address.

Name _____ Sex: _____ Birth Date _____
Shirt Size (Circle One): ADULT: SM M L 1X 2X. YOUTH: S M L

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Name _____ Sex: _____ Birth Date _____
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Address: _____

City, State Zip _____

Phone _____ E-mail: _____

Please make Checks payable to: The Myositis Association (Memo section: "Myositis Walk")
and mail to: Myositis RWR, 355 Hawick Ct., Severna Park, MD 21146

Waiver and Release. I, the undersigned, agree to indemnify and hold harmless The Myositis Association (TMA) and Howard County, Maryland, its elected and appointed officials, officers, employees and authorized volunteers from all costs, expense and liability arising out of my or my child's participation in the Myositis 5K Run, Walk N' Roll held at Centennial Park in Ellicott City, Maryland, on Saturday, October 21st, 2017, to benefit The Myositis Association and the Johns Hopkins Myositis Center. I do hereby waive all claims for damage or loss to me or my child's person or property, which may be caused by any act of failure to act, by The Myositis Association, its officers, agents or employees and Howard county, Maryland, it elected and appointed officials, officers, employees and authorized volunteers arising directly or indirectly from my or my child's participation in this event, and I hereby assume liability for any loss, damage or other liability from such event. Important – participants under age 18 must have this form signed by a parent or legal guardian.

Name and Signature of parent or legal guardian.

Name

Signature
