

**SUNDAY OCTOBER 14, 2018 @ 8:30AM**



Please join us for our third annual JWB Resiliency 5K and Family Run/Walk. The 2018 race takes place at the Maryland State Fairgrounds. We expect over 1,200 runners, walkers, supporters and attendees. Pre- race includes special warm up with Wim Hof (the “Iceman”) and Lynne Brick, post- race festivities include awards, healthy snacks, kids activities and more.

**Ways to register:**

- Online – [www.jwb5k.com](http://www.jwb5k.com)
- In any Charm City Run retail location
- Mail the form below with registration fee

**JWB 3<sup>rd</sup> ANNUAL RESILIENCY 5K and FAMILY FUN RUN/WALK at  
The Maryland State Fairgrounds**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Date of Birth \_\_\_\_\_ Gender \_\_\_\_\_

Email \_\_\_\_\_ Age on Race Day \_\_\_\_\_

In consideration of you accepting this entry, I, the participant, intending to be legally bound and hereby waive or release any and all right and claims for damages or injuries that I may have against the John W. Brick Mental Health Foundation, Charm City Run LLC, RunSignup.com, and all of their agents assisting with the event, sponsors and their representatives and employees for any and all injuries to me or my personal property. This release includes all injuries and/or damages suffered by me before, during or after the event. I recognize, intend and understand that this release is binding on my heirs, executors, administrators, or assignees. I also authorize the use of photographs or videos that include my image for promotional, informational, or other reasons deemed to be in the best interest of the event. I certify as a material condition to my being permitted to enter this race that I am physically fit and sufficiently trained for the completion of this event and that my physical condition has been verified by a licensed Medical Doctor. By submitting this entry, I acknowledge (or a parent or adult guardian for all children under 18 years) having read and agreed to the above waiver.

**Sign here (parents if under 18 years of age) MUST SIGN WAIVER**

\_\_\_\_\_ Date: \_\_\_\_\_

**CHOOSE YOUR SHIRT SIZE (performance shirt)**

	S	M	L	XL
Women's				
Men's				

**ENTRY FEES (\$30 until October 10, 2018 – \$35 day of October 14, 2018)**

Credit Card Number \_\_\_\_\_ Type: Visa \_\_\_ Master Card \_\_\_ Amex \_\_\_ Discover \_\_\_  
Date \_\_\_\_\_ CVV Code (on back of card) \_\_\_\_\_

Download, print and mail completed form along with your check (if applicable) made payable to the John W. Brick Mental Health Foundation to: Charm City Run Events, Attn: Billy Arnold, P.O. Box 5464 Towson, MD 21285, or register online at: [www.jwb5k.com](http://www.jwb5k.com)

Office use only: Cash \_\_\_\_\_ Check # \_\_\_\_\_ Credit \_\_\_\_\_ Initials \_\_\_\_\_