



5K Run/Walk • 1 Mile Walk

Race proceeds support BCDA's wellness programs for older adults.

Sunday, September 17, 2023 • 8 a.m.

CCBC Essex Campus, 7201 Rossville Blvd., Baltimore, MD 21237

Roads close at 8 a.m., warm-up is at 8:15 a.m. and 5K begins at 8:30 a.m.

PRIZES & AWARDS

5K Medals to top three men and women overall and to top two men and women in each age category.

Door prizes, including (1) \$150 & (5) \$100 Grand Prize! • Must be present to win.

AMENITIES

Technical long sleeve moisture wicking T-shirt

(Guaranteed to first 500 registered participants. Size not guaranteed.)

Chip Timing • Post race refreshments

RACE RESULTS

Official race results will be posted at www.charmcityrun.com

Race Hotline: 443-689-2137 or events@charmcityrun.com



ENTRY FORM

Name _____

Address _____

City _____ State _____ Zip _____

Phone # _____ E-Mail _____

5K Run _____ 5K Walk _____ 1Mile Walk _____

Gender: Male _____ Female _____ Age _____

Age required to be eligible for award

I plan to attend the in-person event at CCBC: Yes _____ No _____

Shirt Size (Adult Sizes Only): S _____ M _____ L _____

XL _____ 2X _____ 3X _____

Team Name: _____

Seniors (60 yrs & older) \$20 _____ Juniors (6 yrs to 17 yrs) \$20 _____

Adults (18 yrs to 59 yrs) Before 8/19 \$30 _____ Day of the Race \$40 _____

Adults (18 yrs to 59 yrs) 8/20-9/16 \$35 _____ BCDA Staff Member \$20 _____

Release and Waiver: In consideration of the acceptance of my entry, I for myself, my personal representatives, executors, administrators, and assigns, do hereby release and discharge, the Baltimore County Department of Aging, Baltimore County, its employees, agents and officials, CCBC, Charm City Run, all volunteers and sponsors of all claims of damage, suits, demands, and actions, whatsoever in any manner arising from my participation in this athletic event. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate.

The Baltimore County Department of Aging has my permission to take my photographs/video and reproduce or duplicate it for any and all legal purposes, including, but not limited to, distribution in electronic and/or print media to enhance the Agency's programs and services.

Signature: _____ Date: _____

(Parent/Guardian's signature required if participant is under 18 years of age)

Office Use Only: Payment \$ _____ Cash _____ Check _____ Check # _____

Date _____ Verification _____

PARTICIPANT SPONSORS

Team Name and/or Senior Center (if applicable): _____

Name & Phone # of Runner/Walker: _____

| Sponsor Name | Amount |
|--------------|--------|
| 1. _____ | _____ |
| 2. _____ | _____ |
| 3. _____ | _____ |
| 4. _____ | _____ |
| 5. _____ | _____ |
| 6. _____ | _____ |
| 7. _____ | _____ |
| 8. _____ | _____ |
| 9. _____ | _____ |
| 10. _____ | _____ |

Total \$ _____

**Turn in sponsor money at pre-registration,
on race day or mail by October 3, 2023.**

THANK YOU TO OUR SPONSORS!



Cigna®

WT
WHITING-TURNER



Van Dyke & Bacon
Shoes



TIME OF YOUR LIFE
Digest



PRE-REGISTRATION

- Mail entry form with check payable to Baltimore County, MD before September 2, 2023 to:
Baltimore County Department of Aging
Attn: Susan Brooks
611 Central Avenue, Room 325, Towson, MD 21204
- Register online at www.getreadygetsetgetfit5k.com
- In person at any BCDA Senior Center

PACKET PICKUP

**BYKOTA
SENIOR CENTER**
611 Central Avenue
Towson, MD 21204
Friday, September 15
Noon - 4:30 p.m.

RACE DAY REGISTRATION/PACKET PICKUP

- **Sunday, September 17, 6:30 a.m.**
CCBC Essex Campus
7201 Rossville Blvd., Baltimore, MD 21237

Event will be held rain or shine.
If canceled due to extreme weather, no refunds.
No refunds for participant cancellation.



Visit the Falls Prevention and
Health Screening Area between 7:30-10 a.m.

TEAM UP!

Forming a team is a great way to show the
community that your family, senior center,
company or group cares.