



10th Annual 5K Run/Walk for Wellness

Sunday, May 22, 2005

La Plata, Maryland

7:30 a.m. Registration, 8:30 a.m. Start

Entry Donation \$25.

(\$20 if received before May 13th)

Pre-registered runners and walkers may pick up their packets at the La Plata Town Hall, 305 Queen Anne Street on Saturday, May 21st from 9 a.m. to 1 p.m. or 7:30 a.m. – 8:00 a.m. on raceday in front of the Old Post Office on LaGrange Avenue.



To register, complete and return or fax form with entry fee donation *(\$20 if received by May 13th, \$25 after May 13th)* to Civista Health Foundation, P.O. Box 1701, La Plata, MD 20646

Phone 301.609.4132 Fax 301.934.0384

10th Annual 5K Run/Walk for Wellness

NAME

ADDRESS

CITY

STATE

ZIP

PHONE

DATE OF BIRTH

AGE ON RACE DAY

MALE

FEMALE

METHOD OF PAYMENT

CHECK

VISA

MASTERCARD

AMOUNT \$

CARD NUMBER

EXP. DATE

SIGNATURE

ENTERING: RUN WALK WHEELCHAIR

T-SHIRT SIZE: M L XL 2X CHILD (LARGE ONLY)

www.civista.org