

The Fourth Annual

## REMEMBRANCE RUN 5K & 1 MILE FAMILY WALK



HOWARD COUNTY  
**STRIDERS**

Memorial Day, May 31, 2010

5 K at 8 a.m. • 1 mile walk at 8:05 a.m.

Columbia Gateway Business Park

The Columbia Bank

7168 Columbia Gateway Drive

Columbia, MD 21046

Field limited to first 450 runner entrants

No limit on 1-mile walkers

### Fees:

\$20 runner by May 20

\$25 runner May 21–30

\$30 runner on race day: May 31

\$10 per walker without shirt (max of \$30 per family without shirt)

\$20 per walker including shirt (max of \$50 per family up to three shirts)

\$10 additional shirts

### Packet Pickup:

At Feet First in Hickory Ridge Village Center on:

Saturday, May 29: 10 a.m.–5:30 p.m.

Sunday, May 30: Noon–5 p.m.

Monday, May 31: Race day packet pick up and race day registration will begin at 6:30 a.m. at The Columbia Bank in the Columbia Gateway Business Park.

### Registration:

**By mail:** Send completed entry form with your check, payable to The Rotary Club of Columbia Foundation, Inc. (a 501(C)3 charitable foundation) to the Rotary Club of Columbia Remembrance Run 5K, c/o Ty Saini, Race Director, 11556 Manorstone Lane, Columbia, MD 21044. *Entry amount is not a charitable donation.*

**Online:** Register at [www.Active.com](http://www.Active.com) through Monday, May 24 (processing fee applies)

**In person:** If field is not filled, Saturday–Sunday, May 29–30 at packet pickup at Feet First in the Hickory Ridge Village Center (or on race day).



Rotary International (RI), founded in 1905, is now a network of more than 1.2 million members in some 166 countries. Members are business and professional leaders united in a commitment to the Object of Rotary — Service Above Self.

Through its PolioPlus project, Rotary has helped eradicate polio in most of the world and is now also focusing on safe blood initiatives. RI is one of only two organizations to hold a seat on the United Nations.

The Rotary Club of Columbia, Chartered in 1968, has raised over \$1 million to support charitable projects and organizations in Howard County and around the world. Some of the past recipients include:

- AIDS Alliance of Howard County •
- The Robert Davidson Scholar Athlete Award •
- Boy Scouts of America • The Loan Closet
- Camp Attaway • Columbia Festival of the Arts •
- Disability Awareness Program • Domestic Violence Center • Grace Episcopal Church • FIRM • First Tee of Howard County • Grassroots Crisis Center
- Hospice Services of Howard County • Howard Community College • Howard County Headstart Program • Leadership Howard County
- Rouse Scholarship Program • Howard County Striders • The Health Alliance • Voices for Children • YMCA–Howard County • Maanasi Mental Health Project in India • PolioPlus • Relay for Life
- Christmas in April • Family Life Center • Howard County Police Foundation • and many others. . .

[www.columbiarotary.org](http://www.columbiarotary.org)



## The Rotary Club of Columbia

*in conjunction with the*

**Howard County Striders**

**Presents**

The Fourth Annual

## REMEMBRANCE RUN 5K & 1 MILE FAMILY WALK



**Monday, May 31, 2010 • 8 a.m.**

**Columbia Gateway Business Park**

The Columbia Bank

7168 Columbia Gateway Drive

Columbia, MD 21046

Ty Saini and Vince Guida: Co-chairs

[www.columbiarotary.org](http://www.columbiarotary.org)

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# REMEMBRANCE RUN 5K & 1 MILE FAMILY WALK



**HOWARD COUNTY STRIDERS**

**Memorial Day, May 31, 2010**  
**5 K at 8 a.m. • 1 mile walk at 8:05 a.m.**  
**Columbia Gateway Business Park**  
**The Columbia Bank**  
7168 Columbia Gateway Drive  
Columbia, MD 21046  
*Field limited to first 450 runner entrants*  
*No limit on 1-mile walkers*

### The Course:

The 5K Run will take place entirely on the Columbia Gateway Drive loop, while the 1 Mile Walk will be out and back on Columbia Gateway Drive. Both will start and finish near The Columbia Bank.

The roads will be secured by volunteers and Howard County Police/EMS. Aid Stations will be available as well as water and Gatorade. There will be post race food and fun for all participants.

### Amenities:

T-shirts to participants while supplies last, along with random prizes. Plentiful refreshments.

### Prizes and Awards: (5K runners only)

Cash awards (one per runner) of \$200, \$100 and \$50 to the first three males and females, \$50 to first Masters (male and female 40 years or older), \$50 to first active military or veteran (male and female); \$50 to first Rotarians (male and female); prizes to first five male and female finishers overall; first three finishers (male and female) in each age group — 12 and under; 13-19; 20-29; 30-39; 40-49; 50-59; 60 and up.



**Co-chairs:**  
**Ty Saini and Vince Guida**

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# REMEMBRANCE RUN 5K & 1 MILE FAMILY WALK

- Runners Early Registraton (by May 20, 2010) — \$20 ..... Participants \_\_\_\_\_ Amount \_\_\_\_\_
- Runners Registration (May 21-30, 2010) — \$25 ..... Participants \_\_\_\_\_ Amount \_\_\_\_\_
- Runners Registration (on race day: May 31, 2010) — \$30 ..... Participants \_\_\_\_\_ Amount \_\_\_\_\_
- Walkers \$10 per person (maximum of \$30 per family\*)  
no shirt(s) included ..... Participants \_\_\_\_\_ Amount \_\_\_\_\_
- Walkers \$20 per person, 1 shirt (maximum of \$50 per family with 3 shirts\*)  
(race day registration accepted for walkers,  
shirt availability not guaranteed\*\*) ..... Participants \_\_\_\_\_ Amount \_\_\_\_\_

You may register by mail or online.

**Mail completed form to** The Rotary Club of Columbia Remembrance Run, c/o Ty Saini, Race Director, 11556 Manorstone Lane, Columbia, MD 21044.

**Online registration** is available [www.Active.com](http://www.Active.com) (processing fee applies).

**Packet pickup** is at Feet First (410-992-5800) in the Hickory Ridge Village Center (May 29 and 30).

**For questions,** e-mail: [tysaini@yahoo.com](mailto:tysaini@yahoo.com).  
Web site: [columbiarotary.org](http://columbiarotary.org).

\* **Family entry** (all persons at same address) includes up to three T-shirts, with additional T-shirts costing \$10 each.

\*\* **Walkers:** race day registration, T-shirts available while supplies last.

**For the safety of all runners and walkers, headphones, strollers and pets will not be permitted.**

## One form per entrant, photocopies accepted

The Rotary Club of Columbia's Remembrance Run 5K & 1 Mile Family Walk									
<input type="checkbox"/> Racer		<input type="checkbox"/> Individual Walker		<input type="checkbox"/> Family Walkers		<input type="checkbox"/> Military		<input type="checkbox"/> Rotary	
FIRST NAME				LAST NAME			OFFICIAL USE		
STREET ADDRESS				CITY		STATE	ZIP	PHONE	
BIRTHDATE month day year		AGE RACE DAY	GENDER <input type="checkbox"/> M <input type="checkbox"/> F	SHIRT SIZE <input type="checkbox"/> child <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL		E-MAIL			
<p><b>Waiver — Please read and sign. If under 18, parent or guardian must sign.</b></p> <p>In consideration of the acceptance of my entry in the Columbia Rotary Remembrance Run/Walk, I waive any and all claims for myself and my heirs against the Rotary Club of Columbia, Rotary International, the Howard County Striders, Inc. Howard County officials and volunteers, all sponsors, The Columbia Bank and Howard County for any and all damages injuries and/or illness which may directly or indirectly result from my participation. I understand the dangers of racing long distances and I consider myself adequately trained and in proper physical condition to participate in this event. I hereby grant permission for the use of my name or picture in any broadcast, brochure or account of this event.</p>									
Signature						Date			

[www.columbiarotary.org](http://www.columbiarotary.org) • [tysaini@yahoo.com](mailto:tysaini@yahoo.com)