

# RUN/WALK REGISTRATION AND PLEDGE FORM

SIDE 2

Registration begins at 7am • Race begins at 8 am

CHECK ONE:  10K RACE  3K WALK

ENTRY FEE:  Early Entry \$30  Race Day \$35

Youth 12 and under no charge. Includes tee shirt, refreshments, post race breakfast and prizes. Please make all checks payable to the ESHC Auxiliary.

SEX:  MALE  FEMALE

Tee Shirt Sizes: (Circle One)

Adult: M L XL XXL

Youth: S (6-8) M (10-12) L (14-16) XL (16+)

TEAM NAME: \_\_\_\_\_

**CONFIDENTIALITY STATEMENT:** The Eastern Shore Hospital Center is a health care facility under the jurisdiction of the Maryland Department of Health & Mental Hygiene. We ask that you respect the confidentiality of our patients.

**RELEASE:** In consideration of this entry being accepted, I, intending to be legally bound, hereby for myself, my heirs, executors, administrations, waive and release any and all rights I may have against the organization holding the event, its agents, representatives, successors and assigns for any and all injuries suffered by me at said race. I acknowledge that I have read this general release and I understand the legal consequences thereof.

Signature \_\_\_\_\_

Date \_\_\_\_\_

*NOTE: Parent's signature is required for all participants under the age of 18.*

*Completed registration form needed for each participant.*

## MAY 11, 2013

# THE GREAT CHESAPEAKE BAY WELLNESS RACE

& FAMILY WALK



**STEP UP**  
To Help Raise  
Awareness



EASTERN SHORE  
HOSPITAL CENTER  
5262 Woods Road, P.O. Box 800  
Cambridge, MD 21613  
410-221-2358

**TO REGISTER:**  
use our website  
[www.eshconline.org](http://www.eshconline.org)  
or [active.com](http://active.com)  
(search for 21613)  
or call 410-221-2358

**May is National Mental Health Month**

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**THE RACE ENTRY FEE** includes a tee shirt, refreshments, post race breakfast, and prizes. All entry checks must be made payable to the ESHC Auxiliary.

**TRACK:** The Hyatt Regency of the Chesapeake Bay features a beautiful 18-hole golf course that is designed to present the best of this gorgeous waterfront resort. The running and walking track will be on the golf course. The course will be mile marked, monitored by volunteers with the appropriate number of water stations. Runners will be using chip timing services provided by O.C. Tri-Running Sports. Transportation is provided to the First Aid Center for any injured athlete.



## EASTERN SHORE HOSPITAL CENTER

5262 Woods Road, P.O. Box 800 • Cambridge, MD 21613

410-221-2358

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

[judith.slaughter@maryland.gov](mailto:judith.slaughter@maryland.gov)

The Eastern Shore Hospital Center is the first psychiatric hospital in Maryland to incorporate the treatment mall model for delivery of its clinical services. The mission of the hospital is to provide the highest quality adult inpatient mental health services to residents of all nine counties of Maryland's Eastern Shore by effectively managing hospital resources and coordinating therapeutic treatment programs for patients. Our vision is to combine the most effective treatment approach with a caring environment that enables patients to achieve their greatest potential.

**THE GREAT CHESAPEAKE BAY WELLNESS RACE & FAMILY WALK** raises funds for direct patient services at the Eastern Shore Hospital Center under the auspices of the Center's Auxiliary. The Auxiliary endeavors to support the patient horticulture therapy program, indigent patient services and numerous other programs that greatly enhance their personal lives.



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A PR-FAST COURSE FOR A GREAT CAUSE ON MARYLAND'S BEAUTIFUL EASTERN SHORE

## STEP UP

### To Help Raise Awareness For Good Mental Health



## EASTERN SHORE HOSPITAL CENTER

5262 Woods Road, P.O. Box 800 • Cambridge, MD 21613

Sponsored by



GOLF RESORT, SPA AND MARINA  
100 Heron Boulevard  
Cambridge, Maryland 21613

