

Join us for the 5th Annual



When: Saturday, June 10, 2017

Where: C&O Canal towpath in Washington County, MD

What: 4K, 10K, and half marathon hikes

To Benefit: HARC and Micah's Backpack

Have some FUN!

Fully supported hike features 5K, 10K and half marathon routes. Enjoy snacks and drink refills and course support. All hikes will be along the Maryland section of the C&O Canal towpath and will end at Shepherd Springs Retreat Center, where we'll enjoy food, fun and friendship.

Help feed the Hungry and Promote Literacy

Proceeds benefit **HARC**, whose initiatives include Micah's Backpack, early childhood education and well-being programs, and support and connection of area churches and faith communities; and **Micah's Backpack**, a program to feed hungry elementary school students.

Register!

See the back of this form to register, or learn more and register online at www.harccoalition.org/hike.



Micah's Backpack:
Feeding Our Future

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Micah's Backpack:
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Registration Form

- | | |
|--|--|
| <input type="checkbox"/> Individual Registration
Includes an event T-shirt
2.5 Mile Hike: \$30
(\$40 after May 21)
6.2 Mile Hike: \$40
(\$50 after May 21)
13.1 Mile Hike: \$50
(\$60 after May 21) | <input type="checkbox"/> Family Registration
(2 adults plus all children)
Includes 1 event T-shirt
2.5 Mile Hike: \$55
(\$65 after May 21)
6.2 Mile Hike: \$75
(\$85 after May 21)
13.1 Mile Hike: \$95
(\$105 after May 21) |
|--|--|

Names _____
Address _____
Address _____
e-mail _____
Phone _____
Church _____

Hike Distance:

- 2.5 Mile 6.2 Mile 13.1 mile

T-Shirts: Indicate the number of each size T-shirts you want.

1 T-shirt is included with your registration. Deadline for guaranteed t-shirt is May 21st. Please include \$12 for EACH additional T-shirt.

___ Youth M ___ Youth L ___ S ___ M ___ L ___ XL ___ XXL

Runners are welcome, but please note this is not a timed event. We love our pets, but please no dogs. Each hiker will need to complete and sign a **liability and release form** when checking in prior to the start of the hike. Any children under the age of 18 MUST be accompanied by an adult, and a parent or guardian must sign the **liability and release form** for children under the age of 18.

Complete form and return with payment to:
HARC, PO Box 1158, Hagerstown, MD 21741-1158

Or register on-line at: www.harccoalition.org/hike

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