



40<sup>th</sup> ANNUAL ROCK HALL FLAT FIVE  
TUESDAY, JULY 4, 2023 - 8:00 A.M.

**SPONSORED BY:** The Town of Rock Hall and Java Rock

**COURSE:** A flat, nearly 5 MILE loop course, through the Town of Rock Hall Maryland, beginning and ending in front of the TOWN MUNICIPAL BUILDING on SOUTH MAIN STREET.

**REGISTRATION: PRE-REGISTRATION IS REQUIRED!!! FEE is \$20.00**

Register with race director: **DENNIS HERRMANN**

1. By E-mail: [herrmann5836@atlanticbb.net](mailto:herrmann5836@atlanticbb.net)
2. Download registration form from: [www.rockhallmd.gov](http://www.rockhallmd.gov)
3. By Mail: 5836 Haven Court; Rock Hall, Maryland 21661
4. By Phone: 410-490-6951
5. Please make Checks Payable to TOWN OF ROCK HALL

Pre-registered runners may pick up numbers on Monday; July 3<sup>rd</sup> at 5836 Haven Court, Rock Hall; from 5:30 P.M. to 7:00 P.M. ----OR ----on race day from 7:00A.M. to 7:45 A.M. at the Municipal Building.

**ANY SAME DAY REGISTRATIONS WILL BE \$30.00 AND WILL NOT BE ACCEPTED AFTER 7:45 A.M. RACE WILL START PROMPTLY AT 8:00 A.M.!!!!**

**CATEGORIES:** 4 each, for men and women ----- the first three finishers in each will receive a prize.

1. JUNIOR MEN and JUNIOR WOMEN (under 20 years of age)
2. OPEN MEN and OPEN WOMEN (20 to 35 years of age)
3. SUB-MASTER MEN and SUB-MASTER WOMEN (36 TO 49 years of age)
4. MASTER MEN and MASTER WOMEN (50 years of age and up)

**AWARDS:** Each registered runner will receive a COMMEMORATIVE TEE SHIRT.  
The overall MEN'S and WOMEN'S winners will receive a prize.

ASSORTED WATER AND DRINKS WILL BE AVAILABLE TO PARTICIPANTS AT THE FINISH LINE.

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**ENTRY FORM: ROCK HALL FLAT FIVE-FOOT RACE JULY 4, 2023 (8:00 A.M.)**

**NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**GENDER:** \_\_\_\_\_

**AGE:** \_\_\_\_\_

**CATEGORY:** \_\_\_\_\_

**TEE SHIRT SIZE: S (small), M (medium), L (large), XL (extra-large)**

In consideration of my entry being accepted, I intend to be bound legally hereby for myself and heirs; and to waive and release any claims against the group holding this event, for any and all injuries suffered by me at said race.

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Signature (Parent's signature if less than 18 years old.)