

**30th Anniversary 15K Run**  
*8<sup>th</sup> leg of the Championship Series*  
**Sunday, Dec 14, 2008 10:00 am**

The Anniversary Run is a double-loop course on paved trails within Quiet Waters Park. A few hills and a winding path through the woods make for an interesting morning. Registration, refreshments, and the finish are located in, or adjacent to, the Blue Heron Room, which is a right turn where the inbound road turns left. Parking is in the Blue Heron lot and larger lots nearby.

**Location:** Quiet Waters Park; Forest Drive to right on Hillsmere Drive, right into park.

**Registration:** Race Day – 8:30-9:45 am.

**Race time:** 10:00 am

**Entry fee:** Mail in by Dec 7 – Striders **free (but only if you've paid for the Championship Series or pre-register for this race via mail or online)**, non-Striders \$5.00 **Race Day-\$10.00** all runners **(including Striders)**

**Online registration:** [Click here to register online.](#) (Note there is an online registration fee.)

**Awards:** male and female Overall, Masters, 10-year age groups.

For more information, contact Arnie Henderson at [ahhenderson1@comcast.net](mailto:ahhenderson1@comcast.net), or call 410-263-0863.

Volunteers are needed--please email Tom Bradford at [tabslab@aol.com](mailto:tabslab@aol.com)  
-----No wheels, no pets, no headsets-----

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Please print request info, and make check payable to **Annapolis Striders, Inc.**  
Mail form with payment to be received by Dec 7, 2008 to  
Anniversary Run  
c/o June Schneider  
773 Brushwood Ct  
Millersville, MD 21108

Name \_\_\_\_\_ Gender \_\_\_ Age \_\_\_

Address \_\_\_\_\_

Contact phone or email \_\_\_\_\_

**Fee:** Strider members **free** Non-Striders \$5.00

WAIVER AND RELEASE: I know that running is a potentially hazardous activity. I understand that I should not participate unless medically able. I assume all risks associated with involvement with this race, including, but not limited to falls, contact with participants, the effects of weather, including high heat and/or humidity, or extreme cold/wind, the condition of the course and/or road, and traffic on the course, these risks being known and appreciated by me. Having read this Waiver and Release, knowing these facts, and in consideration of my being accepted into this race, I, for myself and anyone entitled to act on my behalf, waive and release the Annapolis Striders, the Road Runners Club of America, all sponsors and hosts, and their representatives and successors from all claims or liabilities of any kind arising from my involvement in this race.

Participant's Signature (or parent if under 18) \_\_\_\_\_