

31st Anniversary 15K Run
8th leg of the Championship Series
Sunday, Dec 13, 2009 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 6– Striders **free (but only if you’ve paid for the Championship Series or pre-register for this race via mail)**, non-Striders \$5.00 **Race Day-**\$10.00 all runners **(including Striders)**

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

For more information, contact race co-director Ashley Reed at ashleylyreed@yahoo.com, or 410-570-8950 or contact race co-director Stacie Oliver at dressage5@yahoo.com

-----No wheels, no pets, no headsets during the race-----

Please print request info, and make check payable to **Annapolis Striders, Inc.**
Mail form with payment to be received by Dec 6, 2009 to
Anniversary Run
c/o Neal Hinkle
8269 Mimico N
Millersville, MD 21108

Name _____

Gender _____ Age (on race day) _____ Date of Birth (mm-dd-yyyy) ____ - ____ - _____

Address _____

Phone _____ 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) _____