

# Down's Park 5 Mile Run

aka The Hog Neck Scamper!

7<sup>th</sup> leg of the Championship Series

**Saturday. Nov. 7, 2009 8:30 AM**

With 1 mile Fun Run and 100 yard Parking Lot Tot Trot

The Down's Park 5 Mile Run is a loop course on paved trails within John H. Down's Memorial Park. The scenic course winds through the woods with gorgeous views of the Chesapeake Bay. Parking, registration, refreshments, start, finish, and fun runs are all located near the Fernwood Pavilion at the end of the park road.

**Location:** Down's Park, enter from Pinehurst Rd, Pasadena, MD 21122

**Registration:** Race day- 7:00- 8:15 AM FREE Hog Neck Scamper t-shirt to the first 100 who show up on race day !

**Race times:** 1 Mile Fun Run- 8:10 AM 100 yard Tot Trot- 8:15 AM 5 mile run- 8:30 AM

**Entry fee:** Mail in by Nov. 3 - \$3.00 Striders, \$5:00 non- Striders Race Day- \$10.00 all runners

**Awards:** Male and female 1<sup>st</sup> and 2<sup>nd</sup> overall, three deep in 10-year age groups.

For more information, contact race director Don Higdon at donhigdon@comcast.net or call 443-875-8801  
Volunteers are needed and appreciated!

-----No wheels, no pets, no headsets-----

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Please print and make check payable to Annapolis Striders, Inc.  
Mail form with payment to be received by Nov. 3, 2009 to  
Down's Park Run, c/o Don Higdon  
515 Jumpers Hole Road  
Severna Park MD 21146

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

Address \_\_\_\_\_

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

**Fee:** Strider members \$3.00 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, 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, the Association of American Running Clubs, all sponsor 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) \_\_\_\_\_