

Annapolis Striders Present
John Wall Mile
 at BroadneckHigh School

4th LEG OF THE 2009 STRIDERS' CHAMPIONSHIP SERIES

SATURDAY July 18, 2009 8:00 a.m.

LOCATION and MAP	BROADNECK HIGH SCHOOL 1265 Green Holly Drive Annapolis, MD 21409-4676 CLICK HERE FOR MAP
TIME	Registration 6:30 am - 7:45 am First Heat 8:00am Awards 9:30am
PRE-REGISTRATION (Mail by July 10, 2009. No confirmation will be sent.)	Annapolis Strider members \$3.00 Non-members \$5.00
RACE DAY ENTRY FEE	All runners \$10.00
AWARDS	Overall Male and Female, Masters, 14 and under, 15 to 19, ten year age groups
DISTANCE	1 Mile
COURSE	Broadneck High School Track Note: This is correct. It is back to its usual location
DUE TO INSURANCE REGS.	No wheels, headphones, pets, or babyjoggers during the race
FOR MORE INFORMATION	Contact Race Director Will Myers 410-987-4883
Race Worker Run	Early on July 18 at Broadneck High School

2009 John Wall Mile - COMPLETE ALL INFO., PLEASE PRINT. Mail before July 10, 2009
 Make check payable to Annapolis Striders, Inc. NO CASH BY MAIL.
 Send with form to Will Myers
 1728 Saddle Dr. ,Gambrills, MD 21054

LAST NAME _____ FIRST NAME _____ MI _____

TELEPHONE _____

STREET _____

CITY STATE _____ ZIP _____

AGE ON RACE DAY [] GENDER[] M [] F ANNAPOLIS STRIDER? [] Y [] N

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 American Association of 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.

SIGNATURE OF ENTRANT _____ DATE _____

SIGNATURE OF PARENT IF ENTRANT UNDER AGE 18 _____ DATE _____
 (MANDATORY)