

## **2009 Anne Arundel County Summer XC Series**

All summer XC races are 5K, free & open to the public. A waiver must be signed prior to competing, and runners under 18 must have a parent sign the waiver as well. Registration begins at 6p.m., and the race will begin promptly at 6:30 p.m. Starting July 23, there is one XC race each Thursday leading up to the start of the MPSSAA Cross Country season.

**Thursday, July 23 @ Annapolis HS**  
**Thursday, July 30 @ Arundel HS**  
**Thursday, August 6 @ Chesapeake HS**  
**Thursday, August 13 @ South River HS**

**Questions ...**  
**Contact John Curley**

[johncurley@verizon.net](mailto:johncurley@verizon.net)

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**2009 Annapolis Striders XC Fun Run Series - COMPLETE ALL INFORMATION. PLEASE PRINT.**

(Check One or More)  Annapolis HS – July 23, 2009  Arundel HS – July 30, 2009  
 Chesapeake HS – Aug. 6, 2009  South River HS – Aug. 13, 2009

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_ MI \_\_\_\_\_ PHONE \_\_\_\_\_

STREET \_\_\_\_\_ CITY/STATE \_\_\_\_\_ ZIP \_\_\_\_\_

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

HIGH SCHOOL / AFFILIATION: \_\_\_\_\_

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, 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 \_\_\_\_\_