

2011 Annapolis Striders 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 14, there is one XC race each Thursday leading up to the start of the MPSSAA Cross Country season.

- Thursday, July 14 @ South River High School
- Thursday, July 21 @ Annapolis High School
- Thursday, July 28 @ Arundel High School
- Thursday, August 4 @ Chesapeake High School
- Thursday, August 11 @ Southern High School @ Portland Manor Farm, 84 Portland Manor Farm Dr, Lothian, MD 20711

Questions ...

Contact John Curley

johncurley@verizon.net

2011 Annapolis Striders Summer XC Series - COMPLETE ALL INFORMATION. PLEASE PRINT.

(Check One or More) South River HS – July 14 Annapolis HS – July 21 Arundel HS – July 28 Chesapeake HS – Aug.4 Portland Manor Farm – Aug. 11

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 including private and public property owners, and their representatives and successors from all claims or liabilities of any kind, including but not limited to negligence or other tort claims or liabilities, arising from my involvement in this race.

SIGNATURE OF ENTRANT _____ DATE _____

SIGNATURE OF PARENT IF ENTRANT UNDER AGE 18 _____ DATE _____
