



DAWSON'S FATHER'S DAY 10K

Dawson's Liquors
589 B&A Boulevard
Severna Park, MD



Sunday, June 20th, 2010 8:00 am
Severna Park High School
Third Leg of the Annapolis Striders'
2010 Championship Series



Location: Severna Park High School
60 Robinson Road, Severna Park, MD

Registration: 6:30 to 7:30 am
Race begins at 8:00 am

Entry Fee: Striders: \$3.00 (early fee)
Non-Striders: \$5.00(early fee)
Race Day: \$10.00 for all

Awards: Overall, Masters, RRCA member,
and age group awards

Mail applications by June 13th to:
Dawson's Father's Day 10K
c/o Rick Aulbach
621 Dunberry Drive
Arnold, MD 21012

For information or to volunteer:
Ross Heisman 410 266-7751
RPHeisman@verizon.net
Rick Aulbach raulbach@cablespeed.com

Random Prizes will be awarded

Free Kids Fun Run
For information:susanmnooble@verizon.net

[Online registration](#) via Active.com [Directions](#) [Course map](#)

Due to Insurance Regulations: No wheels, headphones, pets or baby joggers/strollers are allowed during the race.

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Dawson's Father's Day 10K: COMPLETE ALL INFORMATION, PLEASE PRINT
Make checks payable to **Annapolis Striders, Inc.** NO CASH BY MAIL. **NO REFUNDS.** **MD RRCA** affiliation (see below) required for Grand Prix Scoring
Send check with this form to **Dawson's Father's Day 10K c/o Rick Aulbach, 621 Dunberry Drive, Arnold, MD 21012 MAIL BY JUNE 13TH**

LAST NAME _____ FIRST NAME _____ MI _____ PHONE _____

STREET _____ CITY/STATE _____ ZIP _____

AGE ON RACE DAY _____ DOB (MM) _____ (DD) _____ (YYYY) _____ GENDER MALE [] FEMALE []
ARE YOU A MEMBER OF THE ANNAPOLIS STRIDERS? YES [] NO [] If no, are you a member of another **MD RRCA CLUB?**(list club) _____

EMERGENCY CONTACT PERSON _____ EMERGENCY CONTACT PHONE NUMBER _____

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, all sponsors 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 _____