

The 30<sup>th</sup> Metric Marathon  
Sunday, October 3, 2010, 8:00 AM  
*6<sup>th</sup> leg of Championship Series*

The Annapolis Striders Metric Marathon is a 26k (16.3 mile) loop course on paved roads through gently rolling hills in the Harwood area of Anne Arundel County. The course will be monitored; water stops every 2-3 miles. Significant hills occur at miles 12 and 14.

Runners are asked to stay within the coned sections along some portions of the roads and to always run facing traffic.

**Location:** Southern High School, Rt. 2, Harwood, MD. Parking and restrooms are available. There will be water and Gatorade on the course and post-race refreshments.

**Start time:** 8:00 AM in the school parking lot

**Pre-registration:** By mail using form below, post marked no later than Wednesday, Sept. 29, 2010

**Fee:** Striders- \$3.00

Non- Striders: \$5.00

**Race day registration** (\$10.00 for all runners) begins at 6:45 AM at the school

**Awards:** First and second overall and first masters, male and female.  
Three deep in 10 year age groups, male and female

**Race rules:** No headsets, wheels, pets allowed on course

**For more information or to volunteer,** contact Race Director  
Melissa Currence –astriders@hotmail.com

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2010 Metric Marathon – Complete all info, PLEASE PRINT. Mail before Sept 29, 2010

Make check payable to Annapolis Striders, Inc. NO CASH BY MAIL.

Send with form to Metric, c/o Melissa Currence, 8179 Forest Glen Dr, Pasadena, MD 21122

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ St \_\_\_\_\_ Zip \_\_\_\_\_

Contact email: \_\_\_\_\_ Emergency phone contact \_\_\_\_\_

Age on Race Day \_\_\_\_\_ Gender \_\_\_\_\_ Fee: Striders- \$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, 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 \_\_\_\_\_

Parent's signature is required if entrant under age 18