

2010 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 15, there is one XC race each Thursday leading up to the start of the MPSSAA Cross Country season.

Thursday, July 15 @ South River High School

Thursday, July 22 @ Annapolis High School

Thursday, July 29 @ Arundel High School

Thursday, August 5 @ Chesapeake High School

Thursday, August 12 @ Portland Manor Farm, 84 Portland Manor Farm Dr, Lothian, MD 20711([Location Map](#))

[\(Course Map\)](#)

Questions ... Contact John Curley

johncurley@verizon.net

~~2010 Annapolis Striders XC Fun Run Series - COMPLETE ALL INFORMATION - PLEASE PRINT~~

(Check One or More) South River HS – July 15 Annapolis HS – July 22 Arundel HS – July 29 Chesapeake HS – Aug. 5 Portland Manor Farm – Aug. 12

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 _____

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