

Annapolis Striders 2016 Summer XC Series

All summer XC 5K races are free & open to the public. A waiver must be signed prior to competing, and runners under 18 must have a parent or legal guardian sign the waiver. Registration begins at 6 p.m., and the race will begin promptly at 6:30 p.m. Starting Thursday July 7, there will be five (5) Thursday XC races.

For more information and to see the posted results, please visit:

www.annapolisstriders.org

or contact JohnCurley@verizon.net

443-790-7365 {cell}

Thursday, July 7 @ Chesapeake High School
Thursday, July 14 @ South River High School
Thursday, July 21 @ AACS Upper School
Thursday, July 28 @ Annapolis High School
Thursday, Aug. 4 @ Kinder Farm Park

Please check the Annapolis Striders Facebook Page for cancellations before each race in case of inclement (excessive heat) weather.

FOR CANCELLATION INFORMATION PLEASE CHECK THE ANNAPOLIS STRIDERS FACEBOOK PAGE

2016 Annapolis Striders Summer XC Series - COMPLETE ALL INFORMATION. PLEASE PRINT.

(Check One or More): Chesapeake HS-July 7 South River HS-July 14 AACS-July 21 Annapolis HS-July 28 Kinder Farm Park-Aug.4

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, and traffic on the course, these risks being known and appreciated by me. I understand that bicycles, wheels of any kind, animals, baby joggers or strollers are not permitted. The use of personal audio devices is strongly discouraged. 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.

Participant's Signature (or parent if under 18) _____

EMERGENCY CONTACT INFO: _____ **Phone:** _____

Annapolis Striders, Inc. 2016 Summer XC Series Directions

Race #1 of 5 – July 7, 2016: Chesapeake High School

Chesapeake High School – Coach Eric Grevin
4798 Mountain Road, Pasadena, MD 21122

Chesapeake High School is located on Mountain Road (Rt.177) near Mt. Carmel UMC Church and Cemetery. Turn left from Mountain Road onto the entrance driveway just past the stadium. Park in the parking lot or along the curb where permitted. The start/finish area is in front of the stadium. The registration tables, bathrooms, start and finish lines are adjacent to the exit driveway next to the stadium.

Race #2 of 5 – July 14, 2016: South River High School

South River High School – Coaches Hugh Harris, Josh Carroll
201 Central Ave, East Edgewater, MD 21037

SRHS is located at the intersection of Mayo Road (Rt.253) and Central Ave. (Rt.214) in Edgewater. Park near the Central Middle School (east end of the parking lot). The registration tables, port-a-pots, and the start-finish lines are located behind the high school located near Central Middle School and the tennis courts.

Race #3 of 5 – July 21, 2016: Annapolis Area Christian School

AACS – Upper School, Coaches Bill Bickhart, Wendy Rogers and John Battan
109 Burns Crossing Road
Severn, MD 21144
<https://www.google.com/#q=annapolis+area+christian+school+high+school+address+>

From the Annapolis Mall, take I-97 North to Rt. 32 West. Take Exit 3, Burns Crossing Road ramp and turn right onto Burns Crossing Road. Follow Burns Crossing Road for approximately 2 miles. AACS Upper School is on your right.

Race #4 of 5 – July 28, 2016: Annapolis High School

Annapolis High School – Coach Paula Carrigan

School is located on Riva Road just past the Arundel Olympic Swim Center. Heading south on Riva Road, turn right at the light onto Fred Stauffer Lane. Parking for the event may be found in front of the school. The XC 5K event registration will be held on the athletic field behind the school adjacent to the stadium.

Race #5 of 5 – August 4, 2016: Kinder Farm Park

Hosted by Archbishop Spalding High School
Coach Andy Witte

Kinder Farm Park is located on Jumpers Hole Road near the Earleigh Heights Road intersection. From Route I-97 exit onto Benfield Blvd toward Severna Park- drive about 3 miles to traffic light at Benfield and Jumpers Hole Road- turn left onto Jumpers Hole Road-drive about a mile to the park; enter driveway on the left- drive into park and turn left toward main pavilion/snack shack- parking lot is next to pavilion/rest rooms where race start is located.