



**37th Women's Distance Festival and 32nd Men's Run After The Women
5K**

Saturday, July 9, 2016

Complete all information & Mail By Wednesday, June 29, 2016

Or Register Online by Wednesday, July 6, 2016

Make checks payable to: Annapolis Striders, Inc.

No Refunds or Transfers will be granted for this race.

Return to: Kathy Hennes, 2610 Foremast Alley, Annapolis, MD 21401

PLEASE PRINT

Last Name: _____ First Name: _____

Date of Birth: _____ Age on Race Day: _____ Gender: _____

Address: _____

City, State, Zip: _____

Emergency Contact: _____ Emergency Contact Phone #: _____

Mother/Daughter Team: Yes _____ No _____ (each must fill out separate applications)

Mother/Daughter Team Name: _____

RRCA Club Affiliate: _____

Race Day Worker: Yes _____ No _____ Annapolis Strider 5K Class: Yes _____ No _____

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/event, 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. Having read this Waiver and Release, knowing these facts, and in consideration of my being accepted into this race/event, 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 their negligence and/or my involvement in this race/event.

Participant's Signature (or parent if under 18)
