

Annapolis Striders Present
Dog Days Cross Country Run 8K
On the Earl Scott Trail
at Anne Arundel Community College Arnold, MD

5th LEG OF THE 2016 STRIDERS' CHAMPIONSHIP SERIES
 MD RRCA Grand Prix Series Race

SUNDAY August 7, 2016 8:00 a.m.

LOCATION and DIRECTIONS	ANNE ARUNDEL COMMUNITY COLLEGE Location Map Rt 2 South. Left onto College Parkway. School is first right on College Parkway. Park in the D lot by the stadium. Rt 50. Exit at Rt 2 North. Right onto to College Parkway. School is first right on College Parkway. Park in the D lot by the stadium.
TIME	Registration 6:30 - 7:30am Race Starts 8:00am Awards 9:30am
PRE-REGISTRATION (Mail by July 30, 2016. No confirmation will be sent.) There is no online registration.	Annapolis Strider members \$5.00 Non-members \$10.00
RACE DAY ENTRY FEE	All runners \$20.00
AWARDS	Overall Male and Female, Masters, 14 and under, 15 to 19, ten year age groups
DISTANCE	8K
COURSE	Fields, trails, hills, woods, pavement Course Map
DUE TO INSURANCE REGS.	No wheels, headphones, pets, or babyjoggers during the race
FOR MORE INFORMATION	Email or contact Co-directors Matt Mace at 410-647-7633 or Dan Symancyk at 410-544-1516
VOLUNTEER	Contact Matt Mace at the number listed above.
Warming Up & Cooling Down	Do not use Parking Lot C. (A motor cycle training class uses it.)

2016 Dog Days 8K - COMPLETE ALL INFO., PLEASE PRINT. Mail before July 30, 2016
 Make check payable to Annapolis Striders, Inc. NO CASH BY MAIL.
 Send with form to DAN SYMANCYK
 234 Mill Church Road, Arnold, MD 21012

LAST NAME _____ FIRST NAME _____ MI _____

TELEPHONE _____

STREET _____

CITY STATE _____ ZIP _____

AGE ON RACE DAY [] GENDER [] M [] F ANNAPOLIS STRIDER? [] Y [] N

RRCA Club (for Grand Prix Scoring) _____

Emergency Contact Name and 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, 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 _____

SIGNATURE OF PARENT IF ENTRANT UNDER AGE 18 _____ DATE _____
 (MANDATORY)