

The 36th Annapolis Striders Metric Marathon

Sunday, October 2, 2016, 8:00 AM

6th 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; with 5 water stops at approximately 3 miles intervals. Significant hills occur at miles 12 and 14.

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. Late finishers should bring additional water.

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

Pre-registration: On line via the link on the Annapolis Striders website or by mail using form below, post marked no later than Saturday, September 24, 2016.

Fee: Striders- \$5.00; Non- Striders: \$10.00

Race day registration: \$20.00 for all runners - begins at 6:45 AM at the school

Awards: First and second overall M/F; First masters M/F; Age groups awards M/F

Race rules: No headsets, wheels, or pets allowed on course. **THIS IS AN OPEN ROAD COURSE.** Please follow the directions of Police and course officials, run within the coned sections on some portions of the course and always run facing traffic. Official timing will be discontinued 3 hours and 30 minutes after the race starts. (3:30 on the clock). Runners still on the course at that time will be notified.

For more information or to volunteer, contact Race Directors Vassie Hollamon and Erin Hollamon at MetricMarathon@annapolisstriders.org

2016 Metric Marathon - Complete all information, PLEASE PRINT. Mail before September 24, 2016
Make check payable to Annapolis Striders, Inc. - NO CASH BY MAIL.
Send with form to Metric Marathon, c/o Vassie Hollamon, 708 Appomattox Road, Davidsonville MD 21035

Name: _____

Address: _____ City _____ St _____ Zip _____

Contact email: _____ Emergency Name/Phone _____

Age on Race Day _____ Gender _____ Fee: Striders- \$5.00 Non-Striders- \$10.00

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, the American Association of Running Clubs, 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