

2nd Eternal Winter 6 Hour Run
Saturday, Jan 28, 2017 8:00 am



The **Eternal Winter 6 Hour Run** course is the 4.15701 mile paved perimeter trail within Quiet Waters Park. It is a FAT ASS style run benefiting our local Food Link of Maryland in Annapolis. (<http://www.foodlinkmaryland.org/>)

By definition, "FAT ASS is the name given to a series of low key runs that are frequented by experienced runners characterized by the phrase "No Fees, No Awards, No Aid, No Wimps". Because the runs are not races in any sense, there is no guarantee of anything other than a course to run. There are no course marshals, and no course markers, and you should not expect any aid either. They are an exercise in self-help."

Location: Quiet Waters Park; Forest Drive to right on Hillsmere Drive, right into park.

Registration: Race Day — None.

Race Time: 8:00 am

Awards: None. Nada. Rien. Niente. Nichts. Nothing. It's a FAT ASS, read the information note above.

Entry fee: There are two parts to the registration. A check and a food donation.

- 1) Fill out and mail this form to John Hayward (address below) with a **\$20 check** made out to **Food Link of Maryland**.
- 2) The check is returned to you if you show up on race morning and produce **three** items from the list below. If you don't show up, or show up empty handed, we give the check to the charity in lieu of the items you would have donated.

Peanut Butter and Jelly

Cereal and oatmeal

Chunky soup & canned chili

Rice and rice mixes

Pancake mix and syrup

Macaroni and cheese

Tuna Helper

Instant mashed potatoes

Spaghetti sauce

Canned Fruit

-----No wheels, no pets, no headsets during the race-----

Please print request info, and make check payable to **Food Link of Maryland**.

Mail form with payment to:

Eternal Winter 6HR
c/o John Hayward
1276 Pine Hill Drive
Annapolis, MD 21409

Name _____

Address _____

Phone _____ Email _____

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, or extreme cold/wind, 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 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) _____