

# **Annapolis Striders** **2017 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. Race day registration begins at 6 p.m., and the race will begin promptly at 6:30 p.m. Starting Thursday July 6<sup>th</sup>, there will be five (5) Thursday XC races.**

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

[www.annapolisstriders.org](http://www.annapolisstriders.org)

or contact [JohnCurley@verizon.net](mailto:JohnCurley@verizon.net)

443-790-7365 {cell}

**Thursday, July 6 @ Chesapeake High School- CANCELLED**

**Thursday, July 13 @ South River High School- CANCELLED**

**Thursday, July 20 @ AACS Upper School- CANCELLED**

**Thursday, July 27 @ AACS Upper School**

**Thursday, Aug. 3 @ Kinder Farm Park hosted by ASHS**

**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

2017 Annapolis Striders Summer XC Series - COMPLETE ALL INFORMATION. PLEASE PRINT.

(Register for):  Chesapeake HS-July 6  South River HS-July 13  AACS-July 20  AACS-July 27  Kinder Farm Park (ASHS)-Aug.3

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_ MI \_\_\_\_\_ PHONE \_\_\_\_\_

STREET \_\_\_\_\_ CITY/STATE \_\_\_\_\_ ZIP \_\_\_\_\_

AGE ON RACE DAY [\_\_\_\_\_] GENDER [ ] M [ ] F Annapolis 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. 2017 Summer XC Series Directions**

## **Race #1 of 5 – July 6, 2016: Chesapeake High School**

Chesapeake High School – Coach Dewitt Kneass  
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 13, 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 20, 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 27, 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 #5 of 5 – August 3, 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.