

**4th Eternal Winter 6 Hour Run**  
**Saturday, Jan 26, 2019 8:00 am**



The **Eternal Winter 6 Hour Run** course is the 3.5 mile dirt and paved trail within Greenbury Point at the Naval Support Activity Annapolis base. It is a FAT ASS style run (look it up if you don't know what it means) benefiting our local food pantry, the Light House (<http://www.annapolislighthouse.org/>) **The Light House Homeless Prevention Support Center** has served the community as a basic needs provider of food, shelter and support services for over 25 years.

**Location:** Greenbury Point, Naval Support Activity Annapolis, Annapolis, MD. Use 289-283 Bullard Blvd, Annapolis, MD 21402 in your GPS.

**Registration:** Race Day — None.

**Race Time:** 8:00 am

**Awards:** Same as last year. 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 **\$15 check** made out to **The Light House**.
- 2) The check is returned to you if you show up on race morning and produce **FIVE** 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. As usual we will have some items (socks) that you can have instead of your check if you want.

Peanut Butter and Jelly	Ketchup	Coffee – ground	Canned fruit
Macaroni and cheese	Tuna Helper	Instant mashed potatoes	Spaghetti sauce
Cereal	Canned soup	Canned vegetables	Oatmeal packets
Canned tuna	Hamburger Helper	Fruit Juice (40 oz or less)	Boxes or small bags of rice

Please print request info, and make check payable to **The Light House**. 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) \_\_\_\_\_