



40th Women’s Distance Festival and 35th Men Run After The Women 5K

Saturday, July 13, 2019

(7:45 a.m. for Women, 8:30 a.m. for Men)

West Annapolis Elementary School, 505 Melvin Avenue, Annapolis, MD 21401

Complete all information & Mail By: Saturday, April 6 (early bird) or Wednesday, July 3, 2018

Or Register Online at Active.com by Wednesday, July 10, 2018

Price: Early Bird: \$20.00 (to April 6) // Pre-registration: \$25.00 (April 7 – July 10)

Price: Race Day \$30.00

Make checks payable to: Annapolis Striders, Inc.

No Refunds or Transfers will be granted for this race. Awards will not be mailed.

Return to: Kathy Hennes, 1 Perry Circle, Apt. C, Annapolis, MD 21402

PLEASE PRINT

Last Name: _____ First Name: _____

Date of Birth: _____ Age on Race Day: _____ Gender: _____

Address: _____

City, State, Zip: _____ eMail Address: _____

Emergency Contact: _____ Emergency Contact Phone #: _____

Mother/Daughter Team: Yes _____ No _____ (each must fill out separate applications)

Mother/Daughter Team Name: _____

RRCA Club Affiliate: _____

Race Day Worker: Yes _____ No _____ Annapolis Strider 5K Class: Yes _____ No _____

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/event, 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 headphones, bicycles, wheels of any kind, animals, baby joggers or strollers are not permitted.** Having read this Waiver and Release, knowing these facts, and in consideration of my being accepted into this race/event, 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 their negligence and/or my involvement in this race/event.

Participant’s Signature (or parent if under 18) _____