

Annapolis Striders Present  
**Dog Days Cross Country Run 8K**  
**On the Earl Scott Trail**  
**at Anne Arundel Community College Arnold, MD**

5th LEG OF THE 2019 STRIDERS' CHAMPIONSHIP SERIES  
 MD RRCA Grand Prix Series Race

**SUNDAY August 4, 2019 8:00 a.m.**

<b>LOCATION and DIRECTIONS</b>	ANNE ARUNDEL COMMUNITY COLLEGE <a href="#">Location Map</a>  Rt 2 South. Left onto College Parkway. School is first right on College Parkway.  Rt 50. Exit at Rt 2 North. Right onto to College Parkway. School is first right on College Parkway.
<b>TIME</b>	Registration 6:30 - 7:30am Race Starts 8:00am Awards 9:30am
<b>PRE-REGISTRATION</b> (Mail by July 28, 2019. No confirmation will be sent.) <b>There is no online registration.</b>	Annapolis Strider members \$5.00 Non-members \$10.00
<b>RACE DAY ENTRY FEE</b>	All runners \$20.00
<b>AWARDS</b>	Overall Male and Female, Masters, 14 and under, 15 to 19, ten year age groups
<b>DISTANCE</b>	8K
<b>COURSE</b>	Fields, trails, hills, woods, pavement
<b>DUE TO INSURANCE REGS.</b>	No wheels, headphones, pets, or babyjoggers during the race
<b>FOR MORE INFORMATION</b>	<a href="#">Email</a> or contact Co-directors Matt Mace at 410-647-7633 or Dan Symancyk at 410-544-1516
<b>VOLUNTEER</b>	Contact Matt Mace at the number listed above.

2019 Dog Days 8K - COMPLETE ALL INFO., PLEASE PRINT. Mail before July 28, 2019  
 Make check payable to Annapolis Striders, Inc. NO CASH BY MAIL.  
 Send with form to DAN SYMANCYK  
 234 Mill Church Road, Arnold, MD 21012

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

TELEPHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

STREET \_\_\_\_\_

CITY STATE \_\_\_\_\_ ZIP \_\_\_\_\_

AGE ON RACE DAY [      ] GENDER [ ] M [ ] F ANNAPOLIS STRIDER? [ ] Y [ ] N

RRCA Club (for Grand Prix Scoring) \_\_\_\_\_

Emergency Contact Name and Number \_\_\_\_\_

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, 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 \_\_\_\_\_

SIGNATURE OF PARENT IF ENTRANT UNDER AGE 18 \_\_\_\_\_ DATE \_\_\_\_\_  
 (MANDATORY)