

Annapolis Striders **2019 Summer XC Series**

All summer XC 5K races are free & open to the public. This year the host school will be requesting a \$5 donation. This donation is NOT mandatory but will help defray the school's XC teams' expenses. 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.

Thursday, July 18 @ AACCS Upper School
Thursday, July 25 @ Chesapeake High School
Thursday, Aug. 1 @ Rain Date, TBD

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

www.annapolisstriders.org

or contact JohnCurley@verizon.net , 443-790-7365 {cell}

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

2019 Annapolis Striders Summer XC Series - COMPLETE ALL INFORMATION. PLEASE PRINT.

(Register for): AACCS-July 18 Chesapeake HS--July 25 Rain Date--Aug.1

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. 2019 Summer XC Series Directions

Race #1 of 2 – July 18, 2019: Annapolis Area Christian School

AACS – Upper School, Coach 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 #2 of 2 – July 25, 2019: 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.