**31st Annual Downs Park 5 Mile Run**

**7th leg of the Annapolis Striders Championship Series**

**Saturday, November 2, 2019 8:30 AM**

The Downs Park 5 Mile Run is a loop course on paved trails within John H. Downs Memorial Park. The flat, scenic course winds through the woods with gorgeous views of the Chesapeake Bay. Parking, registration, refreshments, start and finish are all located near the Fernwood Pavilion at the end of the park road. Water will be provided on the course at approximately mile 2.5.

**Location:** Downs Park, enter from Pinehurst Road, off Mountain Road, Pasadena, MD 21122

**Race Day Registration: 7:30-8:15 AM Race starts: 8:30 AM**

**Entry Fee: Mail in or Online registration no later than Oct. 25**. Annapolis Striders $5.00

 Non-Annapolis Striders $10.00 Race day registration $20.00 ALL RUNNERS

**Awards:** Male and Female 1st and 2nd overall, 1st Masters, M/F, and three deep in each 10 year age group.

For more information please contact race director Ross Heisman, RPHeisman@verizon.net

Volunteers are needed and appreciated.

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Mail in registration form, with **check payable to Annapolis Striders** (DO NOT send cash)

Downs Park Run c/o Ross Heisman

1904 Sleepy Hollow Lane, Annapolis, MD 21401

***No later than October 25, 2019***

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Gender\_\_\_\_\_\_\_\_\_ Age on race day \_\_\_\_\_\_\_\_\_\_\_

Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Telephone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ E-mail\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Emergency Contact Name and Telephone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

FEE: Annapolis Strider $5.00\_\_\_\_\_\_\_\_\_\_ Non-Annapolis Strider $10.00\_\_\_\_\_\_\_\_

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***. 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 theirnegligence and/or my involvement in this race.

Participant’s Signature (or parent if under 18) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_