



**41<sup>st</sup> Women’s Distance Festival and 36<sup>th</sup> Men Run After The Women 5K**

**Saturday, July 11, 2020  
(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, March 31(early bird) or Wednesday, July 1, 2020

Or Register Online at Active.com by Wednesday, July 8, 2020

Price: Early Bird: \$20.00 (to March 31) // Pre-registration: \$25.00 (April 1 – July 8)

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) \_\_\_\_\_