

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

FIFTH LEG OF THE 2020 STRIDERS' CHAMPIONSHIP SERIES
 MD RRCA Grand Prix Series Race

SUNDAY August 2, 2020 8:00 a.m.

LOCATION and DIRECTIONS	ANNE ARUNDEL COMMUNITY COLLEGE Location Map Rt 2 South. Left onto College Parkway. Take second right on College Parkway into the campus. Rt 50. Exit at Rt 2 North. Right onto to College Parkway. Take second right on College Parkway into the campus.
TIME	Registration 6:30 - 7:30am Race Starts 8:00am Awards 9:30am
PRE-REGISTRATION (Mail or Email the waiver before July 26, 2020. Instructions given on the waiver. No confirmation will be sent.) There is no online registration.	Annapolis Strider members \$5.00 Non-members \$10.00
RACE DAY ENTRY FEE	All runners \$20.00
AWARDS	Overall Male and Female, Masters, 14 and under, 15 to 19, ten year age groups
DISTANCE	8K
COURSE	Fields, trails, hills, woods, pavement
DUE TO INSURANCE REGS.	No wheels, headphones, pets, or babyjoggers during the race
FOR MORE INFORMATION OR TO VOLUNTEER	Email or contact Co-directors Matt Mace at 410-647-7633 or Dan Symancyk at 410-544-1516

WAIVER on next page

DOG DAYS 8k 2020 WAIVER

COMPLETE ALL INFO., PLEASE PRINT.

Mail completed form before July 26, 2020 to

DAN SYMANCYK
234 Mill Church Road
Arnold, MD 21012

Or scan the form to a pdf file and attach it to an email sent to DogDays8k@annapolisstriders.org before July 26, 2020.

The following fees apply on race morning for those who have preregistered as described above:
Members of Annapolis Strider, need to bring a check for \$5 made out to Annapolis Striders, Inc or \$5 cash,
Non-members need to bring a check for \$10 made out to Annapolis Striders, Inc or \$10 cash.

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 _____ DATE _____
(if entrant is under 18)