



43rd Women’s Distance Festival and 38th Men Run After The Women 5K

**Saturday, July 9, 2022
(7:45 a.m. for Women, 8:30 a.m. for Men)**

West Annapolis Elementary School Cafeteria, 505 Melvin Avenue, Annapolis, MD 21401

CDC COVID 19 Guidelines will be followed on Race Day

If you are feeling sick, please stay home

Mail By: Friday, May 20 (**early bird**) or Monday, June 27, 2022
Mail To: Kathy Hennes, 1 Perry Circle, Apt. C, Annapolis, MD 21402
Price: **Early Bird:** \$15.00 (to May 20) // \$20.00 (May 21 - July 6)
RACE-DAY REGISTRATION: \$30.00

OR Register Online at RunSignUp.com by Wednesday, July 6, 2022

Make checks payable to: Annapolis Striders, Inc.

No Refunds or Transfers will be granted for this race. Awards will NOT be mailed.

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: Annapolis Strider _____ Other _____

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 Inc., 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) _____