

Annapolis Striders present the Thirteenth Annual  
**Rosaryville Veterans Day 50K**  
**Rosaryville State Park**

**The race will close out at 200 participants**

**SATURDAY, November 12, 2022, 8:00 a.m.**

<b>LOCATION and DIRECTIONS</b>	<p><a href="#">Rosaryville State Park</a></p> <p><b>From Baltimore:</b> (Travel time approx. 1 hour.) Take Route 97 to Route 3 south. Route 3 will cross Route 50 and become Route 301 south. Follow Route 301 to Upper Marlboro. The State Park is located approximately 4 miles south of Upper Marlboro. The park entrance is on the right.</p> <p><b>From the Washington Beltway I-495/95:</b> (Travel time approx. 1/2 hour.) Take exit #11, Route 4 East. Follow Route 4 to Upper Marlboro. Exit on Route 301 south for approximately 4 miles. The park entrance is on the right.</p>
<b>TIME</b>	<p>Registration: 6:30a.m. - 7:30a.m.  Race Starts: 8:00a.m.  Race Ends: 4:00p.m. (8 hour time limit)</p> <p><b>Cut-off:</b> Runners must reach the bag drop area/trail exit point for their final full 9.5-mile lap by 1:00 p.m. This allows 3 hours to complete the final full loop on the 9.5-mile trail and the short sprint to the finish. Runners arriving at the bag drop area after 1:00 having completed less than 3 full loops on the perimeter trail will not be permitted to continue the race. See course description below.</p>
<b>PRE-REGISTRATION</b>	<p>All runners. \$35.00  Mail-in: Post mark NLT November 2, 2022</p>
<b>RACE DAY ENTRY FEE</b>	<p>All runners \$50.00</p>
<b>AWARDS</b>	<p>Overall Male/Female, Masters, Military, 10-year AGs; Hats &amp; Medals for all finishers</p>
<b>DISTANCE</b>	<p>50K</p>
<b>COURSE</b>	<p>The course is basically 3.25 loops around the 9.5-mile single track perimeter trail. The Start/Finish is at the Pavilion picnic area. From the start, runners go 0.7 miles on paved road to Aid Station #1 (AS #1) where they enter the perimeter trail, running in a counter-clockwise direction. About 2.25 miles on the trail from AS #1 is the bag drop area and shortly after that is AS #2. From AS #2, it is about 7 miles on the trail to complete the loop back to AS #1. Runners complete two more loops on the trail then continue to the bag drop area where they exit the loop for a short sprint across a grassy field to the finish. The course is mostly in deep woods; the trail is mostly single track but not very technical, and it is well marked.</p>
<b>WARNING!!</b>	<p><b>No headphones or pets allowed on the race course. If you wear headphones, you will be disqualified.</b></p>
<b>FOR MORE INFORMATION</b>	<p>Contact Tom DeKornfeld (410-562-4489) and Dave Phipps at <a href="mailto:rosaryville50k@annapolisstriders.org">rosaryville50k@annapolisstriders.org</a> or see: <a href="http://annapolisstriders.org">http://annapolisstriders.org</a></p>
<b>TO VOLUNTEER</b>	<p>Contact Tom DeKornfeld (see above). Volunteer validation available.</p>

## Entry Form and Waiver

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Rosaryville Veterans Day 50K - COMPLETE ALL INFO. PLEASE PRINT. Mail by November 2, 2022. Make checks payable to Annapolis Striders, Inc. No cash by mail. Send with form to Tom DeKornfeld, 307 Dewey Drive, Annapolis, MD, 21401.

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_ MI \_\_\_\_\_

TELEPHONE \_\_\_\_\_ MILITARY (active duty or prior service) [ ] Y [ ] N

STREET \_\_\_\_\_ Email: \_\_\_\_\_

CITY, STATE \_\_\_\_\_ ZIP \_\_\_\_\_

DATE OF BIRTH [ ] GENDER [ ] M [ ] F ANNAPOLIS STRIDER? [ ] Y [ ] N

WAIVER AND RELEASE: I know that running the Rosaryville Veterans Day 50K is a potentially hazardous activity. I understand that I should not participate unless medically able. I assume responsibility for all risks associated 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. I further understand that the race may be cancelled as a result of severe or exceptionally wet weather or other events outside the control of the Annapolis Striders. Refunds or transfers are not permitted. Deferrals for good reason will be considered on a case-by-case basis.

SIGNATURE OF ENTRANT \_\_\_\_\_ DATE \_\_\_\_\_

SIGNATURE OF PARENT IF ENTRANT UNDER AGE 18 \_\_\_\_\_ DATE \_\_\_\_\_

### Emergency Contact Information

NAME: \_\_\_\_\_

Relationship to runner: \_\_\_\_\_

Telephone Number: \_\_\_\_\_