

8th Eternal Winter 6 Hour Run

Sunday, Jan 29, 2023 8:00 am



The **Eternal Winter 6 Hour Run** course is the 4-mile dirt and paved trail within Greenbury Point at the Naval Support Activity Annapolis base. It is a FAT ASS style run benefiting our local food pantry, **The Light House** (<http://www.annapolislighthouse.org>).

The Light House Homeless Prevention Support Center has served OUR community as a basic needs provider of food, shelter, and support services for close to 30 years.

Location: Greenbury Point, Naval Support Activity Annapolis, Annapolis, MD. Use 289-283 Bullard Blvd, Annapolis, MD 21402 in your GPS.

Registration: Race Day — None. **Race Time:** 8:00 am

Awards: None. Nada. Rien. Niente. Nichts. It's a FAT ASS!

Entry fee: The registration has two parts: a check and a food/urgent need donation.

Part 1) Fill out/mail this form (address below) with a **\$25 check** to **The Light House**.

Part 2) The check is returned to you if you show up on race morning and produce at least **10** food items or a reasonable amount of items from the Other Urgent Needs list below.

If you don't show up or show up empty-handed, we donate your check to **The Light House** in place of the items you would have donated. Full Disclosure – we will ask to keep and donate your check and the food items. We **hope** to have something on race day that you can have instead of returning your check. It's also 100% fine to take your check back.

Please review the shelter's needs at <https://annapolislighthouse.org/get-involved/needs/#top>.

No items accepted that are expired, in dented cans or opened packaging. Plastic containers preferred over glass when possible.

URGENT PANTRY NEEDS	OTHER URGENT NEEDS
White Rice (No instant or Minute Rice)	Sam's Club Gift Cards
Macaronie & Cheese Deluxe – Kraft / Velveta	Gas Station Gift Cards (Shell, Exxon, Royal Farms, WAWA)
Black Beans – canned or dry	NEW Standard Pillows
Shelf Stable Milk – 32 oz or Horizon 8 oz	NEW Twin Sheets
Spaghetti Sauce (Alfredo, Tomato) Ragu, Prego, Classico, Store Brands, Hunts(canned)	NEW Twin Blankets
Cases of Bottled Water	NEW Towels
K-cup Coffee Pods	NEW AAA Batteries
Creamer (dried or individual – shelf stable)	NEW Shower Curtains
Cereal Bars / Granola Bars	NEW/UNOPENED packs of men's undershirts and underwear

Boxed cold cereals (sweetened preferred)	Adult Backpacks (New/Gently Used)
Sandwich Crackers/Cookies (individual packs)	Adult Sleeping Bags (New or Gently Used)
Shelf Stable Proteins (peanut butter, canned beans, canned meats)	Hand Warmer Heat Packs
Canned Diced Tomatoes and Tomato Sauces	NEW Adult Tents
Single Serve Condiment Packs (newly purchase only)	NEW Tarps
Small bottles of spices/seasonings (black pepper, garlic powder, Italian herb blend, chili powder, etc.)	NEW Shaving Razors
Salt & Pepper Disposable Sets	Laundry Detergent PODS
White Granulated Sugar (1 or 2 lb) or packets	Laundry Dryer Sheets
Bottles of Cooking Oil (40 oz or smaller)	
Instant Coffee (Individual Packs) No Decaf	20 oz Paper Bowls-new/unopened
Bags of Chips/Pretzels (snack size only)	Paper Plates (new/unopened)
Gallon Plastic Freezer/Storage Bags (new/unopened)	Disposable Hot Beverage Cups (new/unopened)

RACE RULES: No wheels, no strollers, no pets, no headsets during the race.

Please print LEGIBLY, and make check payable to **The Light House**. Mail form with payment to:

Eternal Winter 6HR Run
c/o John Curley
903 Noah Winfield Terrace #102
Annapolis, MD 21409

Name _____

Address _____

Phone _____

Email _____

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, or extreme cold/wind, 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 sponsors and hosts, and their representatives and successors from all claims or liabilities of any kind arising from my involvement in this race.

Participant's Signature (NO RUNNERS UNDER 18)
