

The Great Escape

Law Enforcement 5K Run & 2Mile Walk

Saturday, March 28, 2009

9:00 am start - Mexico Farms Industrial Park

(8:00 am Registration)

Where: FCI Cumberland Training Center
Course: Gentle rolling 5K loop with uphill dash to finish line.
2 Mile Walk is out and back, mostly level
Registration: \$15.00 if received before (March 21st) \$17.00 after (March 21st)
Awards: _____th (Walk and Run)
5K Run Awards to top overall male and female, top three law enforcement, top three Clydesdale (above 200#), top three male and female in each of the following categories: 19 & under, 20-29, 30-39, 40-49, 50-59, 60 & over (No awards for Walk)

Make Checks payable to: F. C. I. Employees' Club (please do not send cash)

Mail registration and checks to: Karen McQueen, 59 McCulloh St., Frostburg, MD 21532
Phone Inquiries: Tom Clark (304) 738-1504, Todd Brown (301) 338-2538
Web Address: <http://lib.aliconet.org/qcstriders/> (Queen City Striders)

Please return bottom half with registration fee.

Last Name _____ First Name _____

Address _____ Age _____

City _____ State _____ Zip _____

Email: _____ Phone: _____

Male _____ Female _____ 5K Run _____ 2 Mile Walk _____ Law Enforcement _____ Clydesdale _____
(Check all that apply)

T-shirt size: Small _____ Medium _____ Large _____ XL _____ 2X _____
(Available to all pre-registered participants while supplies last)

Waiver and Release : I recognize that participation in this event may involve certain hazards. I understand that I should not participate unless medically able. I assume the risks associated with involvement including but not limited to falls, contact with participants, effects of weather, road and traffic condition, these risks being unknown and appreciated by me. Having read this wavier release and considering the acceptance of my application, I for myself and anyone entitled to act on my behalf, waive and release the Queen City Striders, Road Runners Club of America, Federal Correctional Institution Cumberland, all sponsors and host and their representatives and successors from any claim of liability arising from my involvement in this event.

Signature of entrant _____ Date _____

Signature of parent if entrant is under 18 _____ Date _____

