



BULLDOG-EAGLE 5K CROSS COUNTRY RACE

Saturday, August 8, 2009, 8:30 AM
Agricultural History Farm Park, Derwood, MD
Open to all ages
Race Benefits the St. Albans and National
Cathedral School Cross Country Program

Directions to Park (located at 18400 Muncaster Road, Derwood, MD 20855): From the Beltway, take I-270 north. Exit onto I-370 East toward the Metro Station. Follow I-370 two miles and exit onto Shady Grove Road east. Go 1.4 miles and turn right onto Muncaster Mill Road. Go to the first traffic light and turn left onto Muncaster Road. Follow Muncaster Road 1.3 miles to the park entrance on the left at the stone columns.

Cost: \$15.00. Please make all efforts to preregister using the form below, as park regulations do not allow exchanges of money on park grounds. Checks should be made out to St. Albans School with a notation that the check is for the Bulldog-Eagle 5K and sent, along with the registration form, to: Jim Ehrenhaft, St. Albans School, Mt. St. Alban NW, Washington, DC 20016.

Bulldog-Eagle 5K Cross Country Race Registration Form

Please send to Jim Ehrenhaft, St. Albans School, Mt. St. Alban NW Washington DC 20016

Name _____

Address _____

City _____ State _____

Zip Code _____

Home Phone _____

Work Phone _____

Email address _____

Age _____ Male _____ Female _____

Release and waiver (Please Read and sign)

I know that running is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that, although police protection might be provided, there could be traffic on the course route; therefore, I assume the risk of running in traffic. I also assume any other risks associated with running this event including, but not limited to, falls, contact with other participants, and the effects of weather and conditions of the road. I understand I am solely responsible for my own safety while traveling to and from or participating in this event.

Knowing these facts and in consideration of your acceptance of my entry, I hereby for myself, my heirs, executors, administrators, or anyone else who might sue on my behalf covenant not to sue, and waive, release, and discharge the sponsors or contributors to this event, any **race** officials, volunteers, the city and police agencies, their representatives successors or assignees from any and all claims of liability for death, personal injury, or property damage of any kind or nature whatsoever arising out of, or in the course of my participation.

The release **form** and waiver extends to all claims of every kind or nature whatsoever, foreseen and unforeseen, known and unknown. The undersigned further grants full permission to use any photographs, videotapes, motion pictures, recordings, or an other record of the event for any purpose. Minors will be accepted with a parent's signature.

Signature _____

Date _____