

BOBCAT 5K
Saturday, August 8th, 2009
Jerusalem Mill
Men's race @ 8:00 a.m. Women's Race @ 9:00 a.m.

Cause: This is an RRCA sanctioned race to raise money for the Bel Air High School Boosters Club and Cross Country team.

Fees: Mailed entry forms including check postmarked by July 24th will be \$15.00. After that the entry fee will be \$20.00 (\$5.00 off for RASAC members), Race day registration from 7:00a.m. – 8:15 a.m (\$25.00). **Make checks payable to Bel Air High School w/ Cross Country in the memo and the mailing address for the entree is: Shawn Loper 1310 Brushing Lane Bel Air MD 21015**

Awards: Awards to top three overall and top two of the following age groups for men and women: 14 and under, 15 – 19, 20 – 29, 30 – 39, 40 – 49, 50 –59, 60 and up.

Course: **New** - Due to construction at the High School we are moving the race to Jerusalem Mill and utilizing the same course as the high school Cross Country invitational that is held in October – the course is comprised of well groomed fields and trails at the park and includes 1 challenging hill

Amenities: **T- shirt to all who sign up.** There will be water on the course and at the finish, timers at 1 and 2 mile. Results posted on line @ www.charmcityrun.com or @ <http://contebikes.com> . There will be refreshments available after the race.

Directions:

1. **From Interstate 95:**
 1. Take exit 74 route 152 north (toward Fallston)
 2. Pass through the light at Singer road
 3. Make the next left onto Jerusalem road
 4. Continue straight through the four way stop at Old Joppa road
 5. Proceed for about ¼ to ½ mile
 6. The parking lot is on the right across the street from the Mill (this parking is exclusively for buses)
2. **From points north:**
 1. Route 152 South
 2. Make a right at the light onto Old Joppa road
 3. Follow approximately ½ mile
 4. Turn right onto Jerusalem Mill road
 5. See directions 5 and 6 above

Contact: Race Director: Shawn Loper (410) 652-5850
E- mail: sjloper@comcast.net

BOBCAT 5K ENTRY FORM:

NAME: _____ **AGE:** _____ **SEX:** _____
ADDRESS: _____
PHONE #: _____

In consideration of your acceptance of this entry, I hereby, for myself, my heirs, my executors & administrators, waive all rights and claims for damages I may have against RASAC: USA track & field; RRCA; all sponsors; race director; volunteers; Bel Air High School; & their agents for any & all injuries suffered by me during the bobcat 5k. I hereby, by my signature, acknowledge reading & understanding this clause, and attest & verify that I am physically fit and have adequately trained for this event and my parent or guardian's signature is below if I am under 18 years of age.

SIGNATURE: _____ **DATE:** _____

PARENT/ GUARDIAN SIGNATURE (if under 18): _____