



Women's 5K BY THE BAY

Tydings Park • Havre de Grace, MD

Presented by RASAC - The Harford County Running Club
A race for women runners of all ages and abilities. Part of the 2010 Women's Distance Festival.

DATE Sunday, April 25, 2010

RACE TIME 8:00 AM

LOCATION Tydings Park, Havre de Grace, MD

BENEFITS Harford United Charities

COURSE USTAF Certification Pending

• Flat, fast course through Havre de Grace

AMENITIES

- T-shirts (Dri-release)
- Splits at 1 and 2 miles
- Great random prizes (you must be present to win)
- Post-race refreshments

TIMING & FINISH LINE

Charm City Run Events Management

ENTRY

- By April 9, 2010 - \$20
- After April 9, 2010 - \$25
- Race Day - \$30

PACKET PICK-UP

Charm City Run

126 S. Main St. • Bel Air, MD • 410.838.3243

• Friday, April 23, 2010 (3:00pm - 7:00pm)

• Saturday, April 24, 2010 (11:00am - 4:00pm)

RACE DAY REGISTRATION

6:45 AM - 7:45 AM

Tydings Park, Havre de Grace, MD

AWARDS (No Duplication)

- 1st Three Overall - \$500, \$300, \$100
- 1st Master 40-49
- 1st Grand Master 50-59
- 1st Sage Master 60-69
- 1st Eagle Master 70+
- 1st Three in the following age groups (14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, and 70+)
- 1st Three Mother/Daughter Team (awards determined by combined time - must register as a team)

NOTICE: NO BABY STROLLERS OR HEAD PHONES ARE ALLOWED IN THE RUN PORTION OF THE EVENT.
NO DOGS ALLOWED DUE TO INSURANCE LIABILITY.

RACE APPLICATION

In consideration of your acceptance of my entry, I hereby, for myself, my executors, and administrators, waive any and all rights and claims for damages I may have against the RASAC, City of Havre de Grace, RRCA, the Race Directors and their agents and sponsors for any and all injuries suffered during the Women's 5K By The Bay. I hereby, by my signature, acknowledge reading and understanding this clause, and attest and verify that I am aware of the hazards associated with this event and am physically fit and have trained sufficiently for this event. I have my parent's permission and signature below if I am under 18 years of age.

NAME _____ AGE (AS OF RACE DAY) _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ EMAIL _____

MOTHER/DAUGHTER TEAM NAME _____ CIRCLE SHIRT SIZE (UNISEX SIZING)

TEAM MEMBER _____ S M L XL XXL

AMOUNT ENCLOSED _____

SIGNATURE _____ SIGNATURE OF PARENT (IF UNDER 18) _____

**Make Checks payable to : Women's 5K By The Bay
Mail to Sue Jacobs: 900 Chesney Lane • Bel Air, MD 21014**