16th Annual

Crofton Kiwanis **AND** ***Team Surlis***

10 K CHALLENGE

Saturday, June 12, 2004 at 8:00 a.m.
Start and Finish: Crofton Country Club, Crofton, MD

Other Amenities include: Free Refreshments, including Bagels, fruit, and drinks - 3 water stops on course and at start/finish – High quality T-shirts to first 300 entrants – Wheelchair entrants welcome – Results posted on the Web following the race – Medical support on duty – Police escort –Mile splits – Course Monitors – Portable toilets at race site – Ample parking. Results will be posted shortly after the race on runwashington.com Web site.

Directions: From DC – Route 50 East to Route 3 North, five miles to CROFTON entrance on right at light, left on Crofton Parkway to Country Club. **From Baltimore:** I-97 South to Exit 7 (MD Routes 32 and 3 South), 6 miles to CROFTON entrance on left at light, right on Crofton Parkway to Country Club. Please park at Country Club near registration area or Village Green away from Farmer's Market.

Please Note: We will be the guests on Race Day of Crofton Country Club – Please do not interfere with the golfers or swimmers. CLUB HOUSE and PRO SHOP FACILITIES are strictly OFF LIMITS. Warm up on roads. Park only in indicated areas. **Please: No pets, baby joggers or headphones.** We appreciate your cooperation!

For more information, call (410) 721-1729 or (410) 451-3998 • E-mail: marnie_fallon@hotmail.com
Visit our web site at www.croftonkiwanis.org

ENTRY FORM – Fill out or Register Online with

Make Checks Payable to:
Crofton Kiwanis Foundation

Mail Check and Signed Entry Form to:
Crofton Kiwanis 10K Race
1710 Bloomsberry Court
Crofton, MD 21114

Entry Fee: $15.00 Before June 1
$17.00 After June 1 & Race Day

Age on Race Day _____ Sex ____

Expected 10K Time?_____

Please print information below clearly:

SHIRT SIZE: **M** **L** **XL**

Last Name **First Name**

Address

City **State** **ZipCode**

E-mail _____ **Phone Number** _____

RELEASE AND WAIVER (MUST BE SIGNED): I KNOW THAT RUNNING A ROAD RACE IS A POTENTIALLY HAZARDOUS ACTIVITY. I am medically able and properly trained to participate in this event. I assume all risk with running in this event, including, but not limited to: falls, contact with other participants, the effects of the weather, heat and humidity, and road conditions, with the potential for heat stroke or exhaustion, and even death. All such risks are known and appreciated by me. Having read this WAIVER and knowing these facts and in consideration of accepting my entry, I hereby for myself, my heirs, executors, and administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge the Crofton Kiwanis Club, the Crofton Kiwanis Foundation, the Crofton Country Club (including the 1691 Limited Partnership and Arnold Palmer Golf, their Officers and Assigns), the Crofton Civic Association, all race sponsors, their representatives and successors, and the race directors from all claims and liabilities of any kind arising out of my participation in this event. I grant permission to all the foregoing to use any photograph, motion pictures, recordings or any other record of this event for any legitimate purpose. I attest that I have properly trained for this event.

Parent or Guardian must sign for runners under 18 years of age.

SIGNED:_____

Refreshments by: Chesapeake Bagel Bakery and Friends of Crofton Kiwanis.