



THE GREAT ALLEGANY RUN

15K & 5K RACES, 2 MILE WALK, & KIDS RUN
OCTOBER 4, 2008, 8 AM - CUMBERLAND, MD



SOMETHING FOR EVERYONE! SPECIAL STUDENT RATES!

15K **Fast!** The 15K is the **State 15K Championship on THE MARYLAND RRCA CHAMPIONSHIP SERIES** and is **RRCA SANCTIONED**. The course (UST&F certified) is point-to-point with a nearly uniform elevation drop of 475 feet in the first 10K. The last 5K is nearly level with a net elevation drop of about 50 feet.

Cash Prizes will be awarded in the men's and women's **Open and Masters divisions**.

Age group awards in 5 year increment age groups; three men's **weight class awards** (185+ lb); **T-shirts** to all pre-registered entrants. Custom-designed by Gene DeHaven of Arts-n-Letters.

5K **Flat & Fast!** The 5K (UST&F certified) is a modified out and back course with a loop at the beginning. The 5K ends at the 15K finish line and is run mostly on the end of 15K course. **Awards** will be to top three overall and in 10 year increment age groups. **T-shirts** to all pre-registered entrants.

2-MILE YMCA FITNESS WALK. Begins near the 15K/5K finish line, proceeds along the Allegany Highlands Trail. **T-Shirts** to all pre-registered entrants.

KIDS RUN. The Little Allegany Run - Just for Fun - kids 8 & under! No entry fee. Approximately 150 yard run for children. Run will be in separate age groups. Ribbons and treats will go to all finishers. Parental supervision required before and after the run.

COMBINED AWARDS. Oldest/Youngest M&F.

NOTE ON AWARDS: No award duplication in - Overall/Age Group or Weight/Age Group

SOCIAL/REFRESHMENT. There will be a **Pasta Dinner** on Friday evening at the Holiday Inn, beginning at 6 p.m. - pay at the door (about \$10 + T&G). A **Runner's Forum** will be held in conjunction with the Pasta Dinner and will begin at 7:30 p.m. Mark's Daily Grind coffee and other refreshments will be available immediately after the race.

REGISTRATION AND PACKET PICK-UP

FEE: 15K - \$15; 5K - Normal \$15, Students 19 & Under - \$10; 2 Mile Walk - Normal \$15, Students 19 & Under - \$10. \$20 after Sept. 28. Make check payable to Great Allegany Run. Application on back.

PACKET PICK-UP AND LATE REGISTRATION will be at the Holiday Inn in Cumberland, 5-9:30 p.m. Friday evening, and 6-7 a.m. on Saturday (5K and 2 Mile Walk will extend to 7:30 a.m. on Saturday). **There is no registration or packet pick-up at start lines.**

TRANSPORTATION TO THE 15K STARTING LINE: Bus transportation will be provided from the Holiday Inn to the 15K start line. **Last bus departs at 7:15 a.m.**

ADDITIONAL INFORMATION: Dave Treber, 240 Armstrong Avenue, Frostburg, MD 21532, Phone 301/687-0644; E-Mail: dtreber@frostburg.edu; www.qcstriders.org

RACE PROCEEDS: Benefit programs of the Cumberland YMCA.



2008 - 27th Running

APPLICATION - Great Allegany Run

MAIL TO: The Great Allegany Run, c/o Queen City Striders, P.O. Box 36, Cumberland, MD 21501

LAST NAME _____ FIRST NAME _____
ADDRESS _____ PHONE NO. _____
CITY _____ STATE _____ ZIP _____
SEX _____ AGE (AS OF 10/4/08) _____ T-SHIRT SIZE (CIRCLE ONE) - S • M • L • XL

CIRCLE APPROPRIATE CATEGORY(IES): 15K • 5K • 2 MILE WALK • WEIGHT CLASS

RUNNING CLUB NAME _____

RELEASE: For and in consideration of my participation in the Great Allegany Run and other valuable consideration, receipt of which is hereby acknowledged. I do hereby agree, on behalf of myself, my heirs, executor, administrator and assigns, to indemnify, release and forever discharge The Run Organizing Committee, The Mayor and City Council of Cumberland, Allegany County, Queen City Striders, Downtown Development Commission, Downtown Cumberland Business Association, RRCA, USAT&F, and all sponsors; their officers, servants, agents and employees of said organizations, and volunteers associated with the Great Allegany Run, jointly and severally, and to hold and save harmless from and against any and all actions, claims, demands, judgements, liabilities, suits, loss, damage, or expense of whatever kind and nature, including attorney fees, whatsoever in case of any death or personal injury, which may at any time be incurred by reason of my participation in or preparation (before and after) for the aforesaid competition.

Athlete Signature (Parent/Guardian must sign for Runners under 18) _____

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