

# The Main Street Mile

## One-Mile Downhill Run

Saturday, December 5, 2009

10:30 A.M. Start – Sand Springs Saloon/Armstrong Street

City of Frostburg

9:30 A.M. Registration at Armstrong Insurance - -

Across the Street from The City Place

**Description:** The race begins at the Sand Springs Saloon at the west end of Frostburg and runs downhill (grade at times exceeds 6%) to Grant Street. The start is the first entry in the Storybook Holiday Parade and shares Main Street with the parade line-up, so expect lots of excitement and encouragement. If you have ever wanted to record a personal best for a one-mile run, then this race is for you!



**Course Records:** Female – Jen Sober 4:48.4      Male – Bernie Semler 3:58.3  
Masters: Female - Maureen Hall 5:07.0      Male – Danny Fink 4:05.7

**Registration:** Same Day Registration Only      \$7.50 (cash or checks payable to H.P.E. Majors Club);  
Registration from 9:30 to 10:15 AM at Armstrong Insurance, across the street from The City Place on Water Street

**Awards:** Medals to every participant who finishes; \$100 to the school with the highest percentage of participants; trophies to top female and top male finishers.

**Questions?:** Dr. Art Siemann (301) 687 – 4463.

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*Please return the bottom portion with registration fee at the event check-in.*

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_ Age (as of 12/05/09) \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

School \_\_\_\_\_

**Waiver and Release:** I recognize that participation in this event may involve certain hazards. I understand that I should not participate unless medically able. I assume the risks associated with involvement including but not limited to falls, contact with participants, effects of weather, road and traffic conditions, these risks being unknown and appreciated by me. Having read this waiver release and considering the acceptance of my application, I for myself and anyone entitled to act on my behalf, waive and release Frostburg State University, the City of Frostburg, the Queen City Striders, Road Runners Club of America, all sponsors and hosts and their representatives and successors from any claim of liability arising from my involvement in this event.

Signature of participant \_\_\_\_\_

Date \_\_\_\_\_

Signature of parent if participant is under 18 \_\_\_\_\_

Date \_\_\_\_\_

