

The Great Escape

Law Enforcement 5K Run & 2Mile Walk

Saturday, April 19, 2008

9:00 am start - Mexico Farms Industrial Park
(8:00 am Registration)

Where: F. C. I. Cumberland Training Center
Course: Gentle rolling 5K loop with uphill dash to finish line.
 2 Mile Walk is out and back, mostly level
Registration: \$15.00 if received before (April 12th) \$17.00 after (April 12th)
Awards: T-shirts guaranteed for all pre-registered entries received by April 12th (Walk and Run)
 5K Run Awards to top overall male and female, top three law enforcement, top three Clydesdale (#200+), top three male and female in each of the following categories: 19 & under, 20-29, 30-39, 40-49, 50-59, (Male only for 60 & over). No awards for Walk.

Make Checks payable to: F. C. I. Employees' Club (please do not send cash)
 Mail registration and checks to: Karen McQueen, 59 McCulloh St., Frostburg, MD 21532
 Phone Inquiries: Tom Clark (304)738-1504, Todd Brown (301)338-2538
 Web Address: <http://lib.allconet.org/qcstriders/> (Queen City Striders)

Please return bottom half with registration fee.

Last Name _____ First Name _____ Age _____

Address _____

City _____ State _____ Zip _____

Email: _____ Phone: _____

Male Female 5K Run 2 Mile Walk Law Enforcement Clydesdale
 (Check all that apply)

T-shirt size: Small _____ Medium _____ Large _____ XL _____ 2X _____
(Available to all pre-registered participants while supplies last)

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 condition, these risks being unknown and appreciated by me. Having read this wavier release and considering the acceptance of my application, I for myself and anyone entitled to act on my behalf, waive and release the Queen City Striders, Road Runners Club of America, Federal Correctional Institution Cumberland, all sponsors and host and their representatives and successors from any claim of liability arising from my involvement in this event.

Signature of entrant _____ Date _____

Signature of parent if entrant is under 18 _____ Date _____

