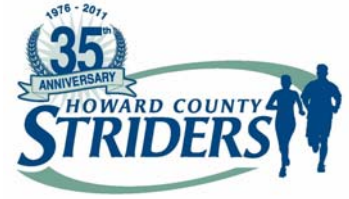




32nd Annual Ten Mile Club Challenge

Sunday, February 26, 2012
8:00 a.m.



IMPORTANT: 2012 is open to only members of Maryland and DC RRCA clubs

Represent your RRCA running club in one of the most competitive and challenging races in Maryland. Team categories include Male, Female, and Combined.

Time and Place: 8:00 a.m. Howard Community College (Physical Education Building) Columbia, MD.

Entry Fee: \$8 PAYABLE ON RACE DAY ONLY. Please do not send payment. Note: most clubs supplement entry fees for club members in whole or in part. Any payments due will be made on race day at packet pick-up.

Online Registration: Online pre-registration encouraged and greatly appreciated, but mail-in registrations are accepted. Race is expected to fill prior to race day, with limited or NO RACE DAY REGISTRATION. Please visit <http://www.striders.net> from 1/3/12 to 2/25/12 (noon).

Mail-in Registration: Online pre-registration preferred (see above). If necessary, mail entry form to Club Challenge, 8577 Dark Hawk Circle, Columbia, MD 21045-5614.

Packet Pick-up: At HCC Phys Ed Building, Sunday Feb 26 from 6:45am to 7:45am

Scoring: Men: 12M scorers for each team. Women: 6F scorers for each team. Coed: 15 scorers and minimum of 4M and 4F on each team. No runners finishing after two hours will be scored.

Course: Challenging 10M certified course (MD10004JS). Mile markers will be provided as noted on the map.

Race Information: www.striders.net. Race Director: 410-730-1668 (h) or Richard.Bernstein@jhuapl.edu.

Amenities: Showers and locker rooms. Special premium to all finishers. Refreshments and snacks.

Club Challenge Entry Form - Clearly print all information.

FIRST NAME		LAST NAME		OFFICIAL USE ONLY	
ADDRESS STREET			ADDRESS CITY, STATE ZIP		
BIRTHDATE (mm/dd/yyyy)	AGE RACE DAY	GENDER <input type="checkbox"/> M <input type="checkbox"/> F	PHONE	E-MAIL ADDRESS	
TEAM (circle only one)					
Annapolis Striders (AS)		Eastern Shore (ESRC)		Montgomery Co RRC (MCRRC)	
Baltimore RRC (BRRC)		Falls Road (FRRS)		Prince George's RC (PGRC)	
Cumberland Valley (CVAC)		Frederick Steeplechasers (FS)		Queen City Striders (QCS)	
DCRRC		Howard Co. Striders (HCS)		RASAC	
				Westminster RRC	
				Other: _____	

Waiver - Please read and sign. If under 18, parent or guardian must sign.

I know that running a road race is a potentially hazardous activity and I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to complete the run safely. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting of my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Howard County Striders Inc., and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event or carelessness on the part of the persons named in this waiver. Further, I grant permission to all of the foregoing to use photographs, motion pictures, recordings, or any other records of these events for any legitimate purpose. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in the race and I will abide by this guideline.

SIGNATURE	DATE
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Mail to: Club Challenge, 8577 Dark Hawk Circle, Columbia MD 21045-5614

Course

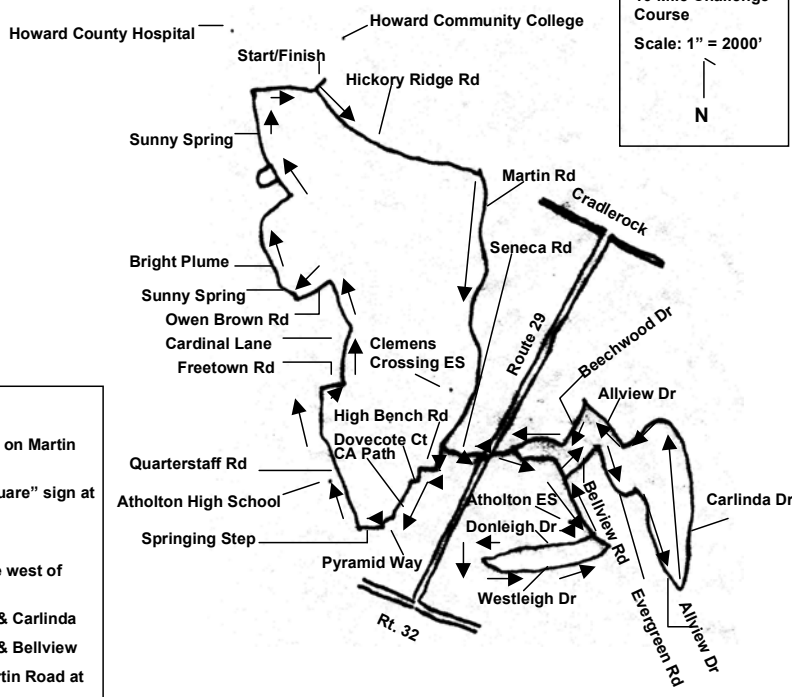


Course Notes:

- Martin to Hickory Ridge – with traffic, crossing Windsor Ct. at cone before crossing turning onto Seneca to cross Rt 29 on south side of bridge;
- Turning onto Owen Brown – course runs against traffic;
- Cardinal to Sunny Spring – runners lane coned entire stretch;
- Sunny Spring – run against traffic to HCC;
- Coned sections – Hickory Ridge Rd and Owen Brown Road

Mile Markers:

- 1M – just past calming circle on Martin Road # 6232
- 2M – Just past “Clemens Square” sign at Shady Grove Road
- 3M – 10126 Donleigh Drive
- 4M – Bridge on Seneca Drive west of Atholton ES
- 5M – Intersection of Allview & Carlinda
- 6M – Intersection of Allview & Bellview
- 7M – High Bench just off Martin Road at Fortnight Ct & Oxhorn Ct
- 8M – Quarterstaff and Freetown Road
- 9M – Sunny Spring at Plaited Reed & Resting Sea
- 10M – HCC side entrance at “No Outlet” sign



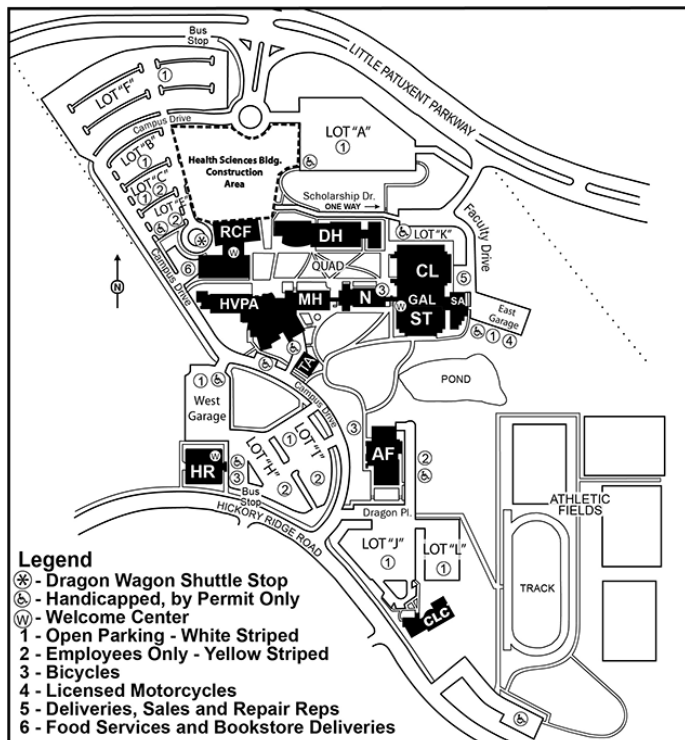
Howard County Striders
 10 Mile Challenge Course
 Scale: 1" = 2000'
 N

Start: Hickory Ridge Road in between Bridlerain & Charter at Storm Drain
 Right on Martin Road
 Left on Seneca Drive (after crossing Windsor Ct), crossing Rt. 29 on Exit 17 Bridge
 Continue on Seneca past Atholton ES
 Right on Donleigh Drive
 Left on Westleigh Drive
 Left on Seneca Drive
 Right on Bellview Drive
 Right on Evergreen Avenue
 Right on Allview Drive (no sign for Allview Drive at this point)
 Left on Carlinda
 Right on Allview
 Left on Beechwood Drive
 Right on Seneca Drive (crossing Rt. 29 again)
 Left on Martin Road
 Right on High Bench
 Left on Dovecote Ct
 Right after 1/10 mile
 Right on path between 6645 Dovecote and the mailboxes to path about 2/10 mile through the trees – bear right at blue “open space” sign
 Enter Pyramid Way cul de sac with #6729 on left
 Right on Springing Step
 Right on Freetown Road
 Right on Quarterstaff Rd
 Left on Cardinal Lane
 Left on Owen Brown Road
 Right on Sunny Spring
 Left on Bright Plume
 Left on Sunny Spring
 Right on Hickory Ridge Rd to finish at HCC side entrance at yellow “No Outlet” sign

Water Stops:

- Atholton Elementary School (Approximately miles 2.75 and 3.75)
- Dovecote Ct at CA path (Approximately mile 7.25)

Parking



Please Help!!!

The Race Director and Striders request the Maryland RRCA Clubs help with the following for the 2012 Challenge:

1. Consider carpooling. There is construction on Hickory Ridge Road, which is how most runners access the Howard Community Campus. Due to construction at the Hickory Ridge entrance, be prepared to use alternate routes. Staging area is the Athletic and Fitness (AF) Center as in the past (see course and parking maps).
2. We request that your runners sign up for the race only if they are highly likely to run. We expect “no shows” in any race – but the Challenge generally has a lot! It helps with course management, logistics, and safety if we can reduce the number of those who sign up but don’t run. We want to put on a quality event and this will help.
3. No food, gel packs, or drinks (including water bottles) in the HCC Athletic and Fitness Center Gymnasium.