

Lakefront Awards Party

Pizza

Long sleeve T-shirts to all registrants

Metric Gloves

Lots of Random Prizes

Maps, Directions, Results, FAQ's & More
at www.striders.net

Packet Pickup will be at FEET FIRST's
new location:
Hickory Ridge Village Center
6420 Freetown Rd, Columbia MD 21044

Portion of the proceeds to

Worley Humanitarian Award

Non-Profit Organization
US Postage
PAID
Columbia, MD 21045
Permit No. 129

32nd Columbia Metric Marathon & 5K



HOWARD COUNTY
STRIDERS



**December 7, 2008
8:15 A.M.
Columbia, MD**

Howard County Striders
P.O. Box 563
Columbia, MD 21045

When: Sunday December 7, 2008 at 8:15 A.M.
Where: Little Patuxent Parkway between the Columbia Mall and the Columbia Lakefront, Columbia, Maryland (near the pedestrian overpass). 10227 Wincopin Cir, Columbia, MD 21044-3406. Directions and map at www.striders.net.

Registration: Online registration is available at www.active.com through Tuesday December 2 or by check payable to Howard County Striders to: Metric Marathon, c/o John Worley, 6041 Watch Chain Way, Columbia, MD 21044 (When available *ACTIVE will always be less expensive than manual registration*) (All fees non-refundable)

Packet Pick-up: At Feet First on Friday December 5th from 12:00 - 8:00 P.M.; Saturday December 6th from 10:00 A.M to 6:00 P.M.; and race day 6:00 to 8:00 A.M.

For Race Information: Striders website at www.striders.net; Feet First (410) 992-5800; Striders Hotline (410) 964-1998 or the race director John Worley metricmarathon@gmail.com.

Awards Ceremony: immediately following the race; food and refreshments plus random prizes; unclaimed awards can be claimed at Feet First. Complete list of awards for each race is shown on the next page.

T-Shirts: Long sleeve T-shirt to all registered runners.

Results: Race results will be posted shortly after the race and will be available at www.striders.net. (also past results)

Bib Numbers: will be posted on www.striders.net. Having your bib number will expedite packet pick-up.

Volunteer Opportunity: we need a lot of volunteers. To volunteer contact metricmarathon@gmail.com or the Striders website.

26.2K - 16.2 Miles

26K entry fees: through Dec 2 is \$25 on ACTIVE and \$35 paper registration; Dec 3-Dec 6 is \$40, Race day is \$45.

26K Awards: Top 3 overall male and female; and age group awards in the following categories (top 3 in each age group) 1-19; 20-24; 25-29; 30-34; 35-39; 40-45; 50-54; 55-59; and 60+. All finishers receive running gloves.

Registration will close at 450 participants. Course closes after 3 1/2 hours.

5K - 3.1 Miles

5K entry fees: through Dec 2 is \$15 on ACTIVE, and paper registration is \$20; Dec 3-6 is \$25; Race day is \$30

5K Awards: Top runner overall (male & female); top 3 (male and female in each age group) 1-14; 15-19; 20-29; 30-39; 40-49; 50-59; and 60+

Registration will close at 250 participants

Columbia Metric Marathon & 5K Entry Form - Please print clearly					
First Name		Last Name		Event 26 K 5 K Amt. enclosed \$	
Street Address			City		State
Age (on race day)		Date of Birth (mm/dd/yy)		Home Phone	
E-Mail		Cell phone		Official Use Only	

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 the 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 condition 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 acceptance 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 the carelessness on the part of the person named in this waiver. Further, I grant permission to all of the foregoing to use photographs, motion pictures, or recordings, or any other records of these events for any legitimate purposes. I understand that bicycles, skate-boards, roller skates, or blades, animals, and radio headsets are not allowed in the race, and I will abide by this guidance.

Signature

Date

Please make checks payable to: Howard County Striders

and send with application to Metric Marathon, c/o John Worley, 6041 Watch Chain Way, Columbia, MD 21044