



**SUMMER STRIDERS
PROGRAM HOSTS THE
SCORPION CRAWL XC races**

START THE 2008 OLYMPICS WITH A RACE OF YOUR OWN

Date: Friday August 8, 2008 (8/8/08)
Location: Oakland Mills High School, 9410 Kilimanjaro Road, Columbia, MD 21045
Registration: 6:00 p.m. on race day only
Races Start at: **5k** - 6:30 p.m. and **3k** – 7:00 p.m.
Entry Fee: \$5 - cash only
Awards: There will be trophies for the 1st male and female in each of these age groups for 5k race only: 14 and under, 15-24, 25-39, 40-49 and 50 and over. All finishers of 3k will receive a small bag of gummy bears.
Results & membership form: Will be posted on the Striders web site (www.striders.net). Please join the club!
Course: 5K course has a set of hills that you zigzag 2 times on but the remainder of the course is relatively flat. 3K course is pretty flat. Races will start and finish behind the school.

Email Phil Lang for additional information at coachlang@hotmail.com

NAME _____ GENDER Male or Female

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ EMAIL ADDRESS _____ AGE _____

WAVIER – PLEASE READ AND SIGN.

I know that running a 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, and the condition of 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 any sponsors, Oakland Mills High School, The Howard County Board of Education, and the Howard County Striders, and 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.

SIGNATURE _____ DATE _____

IF UNDER 18, PARENT'S SIGNATURE _____ DATE _____