Garrett Open / Recovery Race
6,000 Meter Run – 1 Mile Fun Walk
Herrington Manor State Park, Oakland, MD
Saturday, Aug. 28, 2010, at 9:00 a.m.

Presented by: Garrett Trails and Garrett County STEPS
Proceeds to benefit Garrett Trails &
Garrett County STEPS to Better Health

Course: The 6,000 Meter (Approximately 3.75 miles) run features a looped course over established and maintained hiking/XC ski trails beginning and ending at Herrington Manor State Park. Map my run: http://www.mapmyride.com/run/united-states/md/oakland/691127600431177522

Awards: Grand Prize ($50) to first male and female runner
Non-cash awards will be given to the top two male and female runners, in each age group:
15 & under; 16–19; 20–29; 30–39; 40–49; 50–59; 60 & over
The top three male and female walkers will also receive awards *No duplication of awards*

Registration: $12.00 if received by August. 14th, 2010. All preregistered participants will receive a race T-shirt. T-shirts will be provided for race day registration while supply the lasts ($2.00 extra for XXL). $20.00 late registration after August 14th and day of race.

Make checks payable to: Garrett Trails

Mail to: Bob Stephens,
Suite 214-B
1025 Memorial Drive
Oakland, MD 21550

Information: Bob Stephens @ 301-616-6300

Directions: **From I-68** Take U.S. **219 South** for 19.2 miles. Turn right onto **Mayhew Inn Rd.** Drive 4.3 miles and take slight left onto **Oakland-Sang Run Road**. Drive .3 miles and take right onto **Swallow Falls Road**. Drive 4.5 miles. **Herrington Manor State Park** entrance is on right.

OR

From Sheetz in Oakland: Take left on **Third Street**. Turn right onto **East Green Street**. East Green becomes **East Liberty Street**. East Liberty then becomes **Herrington Manor Road**. Total distance is 4.3 miles. Turn left into **Herrington Manor State Park**.

(Please complete, sign and return bottom portion with registration fee)

Name: _____ Age on 8/28/10_____ Sex: Male____ Female____

Address: _____
STREET CITY STATE ZIP CODE

T-shirt (circle one): S M L XL XXL ($2 extra) 6,000 Meter: ___ 1 mile walk: ___ Phone: (___)_____ _____

Release:
For and in consideration of my participation in the Garrett Trails/Recovery Race and other valuable consideration, receipt of which is hereby acknowledged. I do hereby agree, on behalf of myself, my heirs, executor, administrator and assigns, to indemnify, release and forever discharge the organizing committee, Garrett Trails, Garrett County STEPS, RRCA, Queen City Striders and all sponsors; their officers, servants, agents and employees of said organizations and volunteers associated with Garrett Trails, jointly and severely, and to hold and save harmless from and against any and all actions, claims, demands, judgments, liabilities, suits, loss, damage, or expense of whatever nature, including attorney fees, whatsoever in case of any death or personal injury, which may at any time be incurred by reason of my participation in or preparation (before and after) the aforesaid competition. I do hereby consent to the use of my name and/or photograph in connection with publicity about the race.

X_____ X_____
Signature of Participant Signature of Parent/Guardian (If under 18)

Additional details and activities will be posted on the Queen City Striders & Tri State RUNNUR Web site.s