

Annapolis Striders 2015 Summer XC Series

All summer XC 5K races are free & open to the public. A waiver must be signed prior to competing, and runners under 18 must have a parent or legal guardian sign the waiver as well. Registration begins at 6 p.m., and the race will begin promptly at 6:30 p.m. Starting Thursday July 9, there will be five (5) Thursday XC races.

For more information and to see the posted results, please visit:

www.annapolisstriders.org

or contact JohnCurley@verizon.net

443-790-7365 {cell}

Thursday, July 9 @ Chesapeake High School
Thursday, July 16 @ Indian Creek Upper School
Thursday, July 23 @ Rockbridge Academy
Thursday, July 30 @ AACCS Upper School
Thursday, Aug. 6 @ Kinder Farm Park

Please check the Annapolis Striders Facebook Group for cancellations before each race in case of inclement (excessive heat) weather.

FOR CANCELLATION INFORMATION PLEASE CHECK THE ANNAPOLIS STRIDERS FACEBOOK GROUP

2014 Annapolis Striders Summer XC Series - COMPLETE ALL INFORMATION. PLEASE PRINT.

(Check One or More): ___CHS-July 9 ___Indian Creek Upper School-July 16 ___Rockbridge Academy-July 23 ___AACCS HS-July 30 ___ Kinder Farm Park-Aug.6

LAST NAME _____ FIRST NAME _____ MI _____ PHONE _____

STREET _____ CITY/STATE _____ ZIP _____

AGE ON RACE DAY [_____] GENDER [] M [] F STRIDER? [] Y [] N HIGH SCHOOL / AFFILIATION: _____

WAIVER AND RELEASE: I know that running is a potentially hazardous activity. I understand that I should not participate unless medically able. I assume all risks associated with involvement with this race, including but not limited to falls, contact with participants, the effects of weather, including high heat and/or humidity, the condition of the course and/or road, traffic on the course - these risks being known and appreciated by me. Having read this Waiver and Release, knowing these facts, and in consideration of my being accepted into this race, I, for myself and anyone entitled to act on my behalf, waive and release the Annapolis Striders, the Road Runners Club of America, the American Association of Running clubs, all sponsor and hosts including private and public property owners, and their representatives and successors from all claims or liabilities of any kind, including but not limited to negligence or other tort claims or liabilities, arising from my involvement in this race.

SIGNATURE OF ENTRANT _____ DATE _____

SIGNATURE OF PARENT IF ENTRANT UNDER AGE 18 _____ DATE _____

EMERGENCY CONTACT INFO: _____ **Phone:** _____

Annapolis Striders, Inc.

2015 Summer XC Series

Directions

Race #1 of 5 – July 9, 2015: Chesapeake High School

Chesapeake High School – Coach Eric Grevin
4798 Mountain Road, Pasadena, MD 21122

Chesapeake High School is located on Mountain Road (Rt.177) near Mt. Carmel UMC Church and Cemetery. Turn left from Mountain Road onto the entrance driveway just past the stadium. Park in the parking lot or along the curb where permitted. The start/finish area is in front of the stadium. The registration tables, bathrooms, start and finish lines are adjacent to the exit driveway next to the stadium.

Race #2 of 5 – July 16, 2015: Indian Creek Upper School

Indian Creek School Upper School – Coach Jay Szech
1130 Anne Chambers Way
Crownsville, MD 21032
<http://www.indiancreekschool.org/about-ics/maps-directions>

From the Annapolis Mall, take General's Highway (Route 178) west towards Crownsville. Follow General's Highway to Crownsville Road. Turn left onto Crownsville Road and continue for 0.8 mile. Turn left onto Anne Chambers Way into Indian Creek Upper School.

Race #3 of 5 – July 23, 2015: Rockbridge Academy School

Rockbridge Academy – Athletic Director Joe Palumbo
Mandy Ball, XC Coach

The Rockbridge Academy XC course is located on the Belvoir Scott's Plantation at 1487 Generals Highway, Rt.178, Crownsville, MD. The entrance to the property is located just south of the AA County Fairgrounds on the opposite side of Generals Hwy. It is marked by an historical marker and a sign for Rockbridge Academy.

Race #4 of 5 – July 30, 2015: Annapolis Area Christian School

AACS – Upper School, Coaches Wendy Rogers and John Battan
109 Burns Crossing Road
Severn, MD 21144
<https://www.google.com/#q=annapolis+area+christian+school+high+school+address+>

From the Annapolis Mall, take I-97 North to Rt. 32 West. Take Exit 3, Burns Crossing Road ramp and turn right onto Burns Crossing Road. Follow Burns Crossing Road for approximately 2 miles. AACS Upper School is on your right.

Race #5 of 5 – August 6, 2015: Kinder Farm Park

Hosted by Archbishop Spalding High School
Coach Andy Witte

Kinder Farm Park is located on Jumpers Hole Road near the Earleigh Heights Road intersection. From Route I-97 exit onto Benfield Blvd toward Severna Park- drive about 3 miles to traffic light at Benfield and Jumpers Hole Road- turn left onto Jumpers Hole Road-drive about a mile to the park; enter driveway on the left- drive into park and turn left toward main pavilion/snack shack- parking lot is next to pavilion/rest rooms where race start is located.