



5.3k/10k Rescue Run

Saturday, October 6, 2012, 8:00 a.m.

ORGANIZED BY AND SUPPORTING THE ARUNDEL VOLUNTEER FIRE DEPARTMENT (AVFD)

START AND FINISH: Crofton Country Club, 1619 Crofton Parkway, Crofton, Maryland 21114

RUNNER'S AMENITIES INCLUDE: T-shirt (if registered before Sept 6th), refreshments and awards, water stops on course and at start/finish, course monitors, ample parking, and results distributed shortly after the race.

DIRECTIONS FROM DC: Take Route 50 East to Route 3 North. Go approximately five miles to Crofton entrance on right (Clubhouse Gate Rd) and turn left on Crofton Parkway to Crofton Country Club. DIRECTIONS FROM BALTIMORE: Take I-97 South to Exit 7 (MD Routes 32 and 3 South). Go approximately six miles to Crofton entrance on left at light (Crofton Blvd) and right on Crofton Parkway to Crofton Country Club.

PARKING: Adjacent parking lot between the Crofton Country Club and Prince of Peace Church

ENTRY FEE: \$30.00; \$35.00 on day of event

REGISTRATION: Register at the event, on-line until Oct 3rd at Active.com, Arundelfire.com, or mail the completed form below, check payable to AVFD, by Sept 26, 2012, to: AVFD, Attn: Race Director, P.O. Box 3310, Crofton, MD, 21114.

RACE PACKET PICK UP: Participants may pick up their race packet the night before the race from 6:00-8:00 p.m. at the fire station (2380 Davidsonville Road, Gambrills, MD, 21054) or on race day from 6:30-8:00 a.m. at race start location. Participants must show their driver's license or other identification to pick up race packet.

RACE DAY TIMELINE: 6:30-7:30 a.m. - Check-In
7:30 a.m. - Participants can join a warm-up session with Professional Trainer, AVFD Member Jessica, near the race start location
8:00 a.m. - Bagpipes, National Anthem, and 10k Start
8:30 a.m. - 5.3k Start
Awards

PLEASE NOTE: We will be the guests of the Crofton Country Club on race day and can't interfere with the golfers. Clubhouse and Pro Shop facilities are strictly off limits. Warm up on roads/sidewalks. Park only in designated areas. No pets during run. We appreciate your cooperation!



For more information, email arundelvfd7@yahoo.com



Entry form for mail-in registration. Please print clearly.

Grid for registration details

Last Name First Name

Address

City State Zip Code

E-mail Are you a member of a Fire Department? Yes No

Phone Number: Age on Race Day: Gender: Male Female

Adult Shirt Size (Circle One): S M L XL XXL Race Selection: 5.3k 10k

Release and Waiver (Must Be Signed): I know that running a road race is a potentially hazardous activity. I'm medically able and properly trained to participate in this event. I assume all risk with running in this event, including, but not limited to: falls, contact with other participants, the effects of the weather, heat and humidity, and road conditions, with the potential for heat stroke or exhaustion, and even death.

Parent or Guardian must sign for runners under 18 years of age.

Signed: Date: