



Springburst 8K
Prince Georges Running Club
Saturday, April 10, 2010, 9 a.m.
Greenbelt National Park, Greenbelt, MD



www.pgrc.org
 RRCA Grand-Prix Race Series

Entry Fees:

- \$20 through March 27.
- \$15 RRCA members through March 27. RRCA clubs include PGRC, MCRRC, DCRRC, AS and HCS (you must indicate your club on your entry form).
- \$22 all entries after March 27.
- \$25 race day

Awards: Top three finishers overall, top masters (age 40+), and 5-year age groups. All pre-registered participants will receive a Springburst-themed long-sleeved T-shirt; race day registrants will receive shirts as available.

Course: USATF certified course. Two loops on paved roads with rolling hills. Start and finish at Sweetgum Picnic Area.

Restrictions/ Rules: No headphones, baby strollers, bikes, in-line skates or dogs please. Bib number must be displayed on front of runner.

Online Registration: www.getmeregistered.com. Online registration is quick and easy, and there is no extra fee.

Pre-Registration: Mail entry form (postmarked on or before April 5) with check payable to PGRC to: PGRC, P.O. Box 391, Greenbelt, MD, 20768.

Race-Day Registration and Packet Pick-Up: Registration and packet pick-up from 7:30 to 8:30 a.m. in the parking lot of T.G.I. Fridays, 6460 Capital Drive (across Greenbelt Road from park entrance).

Questions? Email springburst@pgrc.org.

Last Name	First Name	Gender (M/F)
Date of Birth (MM/DD/YY)	Age on 4/10/2010	RRCA Club
Address: 		
City	State	ZIP Code

The following must be signed by the runner (or parent/guardian if under 18):

I know that running is a potentially hazardous activity. 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 safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls; contact with other participants; the effect of the weather, including high heat and/or humidity; traffic and the conditions of the road; all such risks being known and appreciated by me. Having read this waiver and knowing these facts in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Prince George's Running Club, the National Park Service, USA Track and Field, the Road Runners Club of America, and all sponsors, their representatives and successors from all claims of liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature (Parent if under 18)	Date