GNS Tortoise and the Hare 5K Race

Benefit Run/Walk & Kids Fun Run

Saturday April 17, 2010

8:00 AM at Greenbelt Lake, Greenbelt, MD

Course: The run is a **USATF certified** flat loop course that begins and ends at the Greenbelt Tennis Courts. Runners run twice around beautiful Greenbelt Lake on a well maintained cinder path.

To Register: Register online at www.GetMeRegistered.com or by mail. Send signed form with $25.00 to GNS, 15 Crescent Road, Greenbelt, MD 20770. Make checks payable to GNS. Mail entries should be received by April 10th. Race Day Registration is $30.00

Number Pick-up: Friday April 16th at Greenbelt Nursery School 5-8pm. Saturday April 17th at 7am

Directions: From the Beltway (495), take exit 23 Kenilworth Avenue, north, towards Greenbelt; Right on Crescent Road; drive approximately 1.4 miles and make a right at the stop sign behind the Greenbelt Library. Park in the lot behind the library.

Awards: Top 3 Male and Female Overall, Top Male and Female in each of the following categories: under 19: 20-29: 30-39: 40-49: 50-59: 60 and over; **PLUS** random drawings for sponsored prizes. Premium moisture wicking race T-Shirts are included in registration fee and will be in the race packet.

Restrictions: No headphones, dogs, race strollers, or in-line skates.

Refreshments: Water stop at the midpoint and refreshments after the race.

Official Entry Form – Please Print

Send signed form with $25.00 to: GNS, 15 Crescent Road, Greenbelt, MD 20770. **Make check payable to GNS.** Race day registration is $30.00. Fees are tax-deductible and non-refundable.

Last Name *First Name*

M/F *Date of Birth (MM/DD/YY)* *Shirt size* *Age on 4/17/10* *Evening Phone*

Address

City *State* *ZIP*

Email Address

Waiver (must be signed before mailing)

I know that running a road race 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 this event, including, but not limited to, contact with other participants; the effects of weather, including high heat and/or humidity; traffic and the condition of the road; all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the organizers and sponsors of the GNS Tortoise and the Hare 5K Run/Walk and any other sponsor and their representatives and successors from all claims or 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. I grant permission to all the foregoing to use any photographs, motion pictures, or any other record of this event for any legitimate purpose.

Racer's Signature *Date* *Parent or Guardian if under 18* *Date*