

Race Report for the

2005 Greenbelt Wright Stuff 5k Fun Run & Walk

Date: 8:00 a.m. Saturday, December 4, 2004

Race Director: Austin Conaty

Location: Race begins at Greenbelt Youth Center, runs two laps around Greenbelt Lake, returns to the Youth Center

Course Description: The course begins on a blacktop path that runs down past the tennis courts and makes a left turn onto the lake path towards Greenbelt Lake. After 2 laps around the lake, runners return to the youth center. The lake path is part gravel, part dirt with a few hills here and there. (see Appendix 1: Coursemap)

Weather: The weather was cool with temperatures near the freezing mark under partly cloudy skies. There was a light mist forming over the lake and there was no ice on the course. (last year the lake path was covered in ice)

Email blasts sent: 1

Number pre-registered: 99

Total registrations: total of 125 registered runners

Race finishers: 108 (see Appendix 2: Results)

Online registrations: 80 Total between Active.com and Signmeupsports.com

Financial Report for Greenbelt Wright Stuff 2004:

INCOME:

Signmeupsports.com: 9 runners at \$20. per runner: \$180.00

Active.com: 62 Runners for a ttl of \$975

RaceDay: 26 runners for a total of \$520

Mail-ins: 29 runners for a ttl of \$435

Total income: **\$2110**

EXPENSES:

Flyers copied: 500 (races, gyms, parking lots, libraries)

Flyers mailed: 80

Press Releases sent: 30 (1 bounced – wjla channel 7)

Tshirts : (PromoteYours.com) $537.5 + 367.5 =$ **\$905**

Suplies: (mailing, copies, food/drinks/supplies) **172.89**

shirts + supplies: 1077.89

NET PROFIT:

Total income – total expenses: \$1032.11

The Race Director recommends that PGRC cut a check to AHA (American Heart Association) in the amount of \$1000.

Post Race Email summary:

Greetings Officers,

(I don't have a complete email list of officers so please forward around)

Since Agnes and I will be gone 12/7/04 --> 12/28/04 I wanted to say Happy Holiday! and also to pass on lessons learned.

PGRC email blast. Pete has some software set up so the race director can send out a race to all the email addresses of past PGRC events. This was nice. If you use this method be sure and pass along emails that bounce and emails for folks who want to be removed.

Targetted mailing with Pete's generated mailing labels. Pete gave me several sheets of mailing addresses for folks that had run races in the past for PGRC. It was a targetted subset focussed on the DC/MV/No. Va area. That worked well. If you use this methd be sure and update Pete with any addresses that bounced. (return to sender etc...)

Getting inside the packets at the Outback. This was a really great way to get out the race registration forms to local runners. Thanks to Billy Castle for making that happen. This was great.

Emailing the Yahoo Group with requests for runners and volunteers. Cindy knows firsthand how useful a method this can be.

Handing out registration forms at other races. I finally saw the light at Outback. I put 2 and 2 together and... There was a well organized single file collection of runners waiting for their food. In just a matter of a few minutes I was able to hand out registration forms to about 100 people. Spend the minimum amount of energy and reach a captive audience. It's an advertisers dream come true.

Runner's World web site - FOLLOW THROUGH!!! I registered early enough but didn't follow through and didn't realize the race wasn't showing up on the RW race calendar. I got it fixed a few weeks ago and now it's listed twice, but for about 1 month it was not listed at all. FOLLOW THROUGH!!! It pays to follow through.

Signmeup.com - I accidentally registered the race at signmeup and got frustrated/impatient with the process. No further publicity and that netted 8 on-line registrations. My view: each race going forward give the option to register through signmeup.com or active.com It's a good service and I would use them again.

Active.com - seems to be the Cadillac of the on-line registration sites. Works like clockwork. Even bullheaded race directors can make it work properly. I like it. Will use them again. (Thanks Pete/Bob/Lucy for mentioning it)

Atlanta Bread Company - It is important to get a letter in to Mr. Belasco telling him what you need the donations for and when you'll be

coming by to pick them up. I gave him one this afternoon which is way too "last minute". It is not enough to talk with the manager that we see every Saturday morning. We've got to get it in writing.

Behnke's Nurseries - Behnke's nurseries is a well known local business that has gladly sponsored the PGRC. Keep them in mind for future races/events.

Teamwork - getting a group of team captains to help spread out the work load is the way to go. Start early in the planning and keep communications going. Psyche and my other team captains have really made a huge difference in the final pulling together stage of the race.

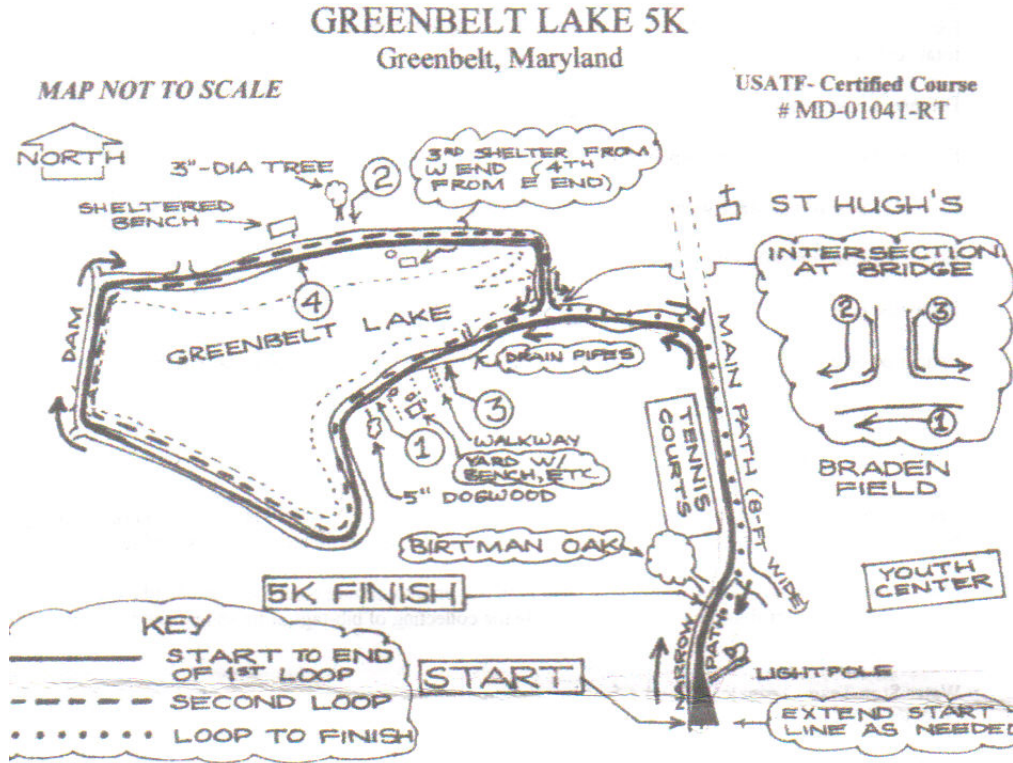
Again sending this in advance because in all likelihood I won't get to my post race report until sometime in late December or January. Thanks in advance for your support.

-Austin

Appendix 1: Course Map for 2004 Greenbelt Wright Stuff 5k

USATF-Certified Course
#MD-01041-RT

Point of Contact: The coursemap was given to the race director by Joe Broderick of DCRRRC. Joe is a long time Greenbelt resident and has been the point of contact for many DCRRRC events that take place in Greenbelt..



Locations

- Start:** Narrow blacktop path, 60y south of juncture with main path; 30 ft south of northernmost light pole along path.
- 1 km:** 24 ft past large tulip tree in corner of lot with outdoor benches, etc; 7 ft before 5"-diameter dogwood on left (spot of white paint on this dogwood).
- 2 km:** 30 ft before trash can at third picnic shelter from west end of lake (4th from east end); 4 ft past 3"-dia tree on left (white paint spot on 3" tree).
- 3 km:** 60 ft past pair of green drainpipes on right; 4.5 ft before 4" oak on right; 10.5 ft before walkway to house on left.
- 4 km:** 74 ft past double trash cans by first picnic shelter; 2 ft before end of sheltered bench on left.
- Finish:** 5 ft south of "Birtman Oak" on west side; 21 ft south of juncture with main path; 61 ft south of corner of tennis court; 161 ft north of Start.

Elevations: Start 37 m Finish 36 m Highest 37 m Lowest 34 m

Measured: 5 July and 1 September, 2001, by R Thurston

RET

Appendix 1: Coursemap

Appendix 2: Greenbelt Wright Stuff 5k Race

Overall Results

December 4, 2004
Greenbelt, MD

[Age Group Awards](#) [Races](#) [PGRC Home](#)

Place	Name	Town	Gender	Age	Bib	Club	Time
1	Matzke, Tom	Rockville, MD	M	33	285		19:11
2	Miehl, Mike	Adelphi, MD	M	28	367		19:18
3	Greco, Mircea	Greenbelt, MD	M	35	355		19:32
4	McCullough, Kent R	Seabrook, MD	M	47	326	PGRC	19:40
5	Palmer, Robert	Silver Spring, MD	M	28	292	MCRRC	19:56
6	Samuel, Justin	Virginia Beach, VA	M	25	300		20:07
7	Prouty, Robert	Arlington, VA	M	53	293	DCRRC	20:11
8	Wills, Stephen	Washington, DC	M	43	319		20:17
9	Wolfson, Marc	Olney, MD	M	55	320		20:19
10	White, Howard	Hyattsville, MD	M	43	362		20:23
11	Barrall, Gregory R	Arlington, VA	M	25	252		20:50
12	Toth, Pete	College Park, MD	M	44	349	PGRC	20:51
13	Kukorowski, Andrew	College Park, MD	M	20	279		20:56
14	Costa, Jose	Columbia, MD	M	49	261	HCS	21:22
15	Kelly, David	Burtonsville, MD	M	42	363		21:36
16	Eargle, Sarah	Greenbelt, MD	F	16	359		21:40
17	Mercier, Jean-Roger	Takoma Park, MD	M	58	361		22:09
18	Keller, James	Rockville, MD	M	37	278		22:34
19	Mpanda, Prisca	Greenbelt, MD	F	28	372		22:37
20	Fennell, Roderick	Clinton, MD	M	45	370		22:46
21	Cohen, Cindy	Washington, DC	F	36	335	PGRC	22:51
22	Rupp, Judy K	Bethesda, MD	F	42	298		23:01
23	Lucisano, Leo C	College Park, MD	M	20	283		23:07
24	Johnson, David	Silver Spring, MD	M	61	274		23:13
25	Bitgood, Jim	Laurel, MD	M	59	337	HMC	23:21
26	Wagner, Jason	Jessup, MD	M	30	365		23:22
27	Gray, Gilbert	Greenbelt, MD	M	42	268		23:33
28	Grodofsky, Sam	University Park, MD	M	21	270	TR	23:33

29	Grumbine, Robert	Greenbelt, MD	M	42 324	23:42
30	Geberemariam, Addis B	Adelphi, MD	F	36 369	23:49
31	McComb, Doug	College Park, MD	M	31 286	24:15
32	Ng, David	Laurel, MD	M	40 334	24:41
33	Hughes, Philip	Ft. Washington, MD	M	40 348	24:56
34	Meredith, Annette	Riverdale, MD	F	34 347 MCRRC	25:23
35	Carr, J	McLean, VA	M	51 257	25:30
36	Oliver, Stacie L	Greenbelt, MD	F	28 291	25:32
37	Reed, Philip	Washington, DC	M	48 296	25:39
38	Sollers, Bill	Silver Spring, MD	M	65 303 MCRRC	25:48
39	Rosenfeld, Cathie	Olney, MD	F	53 350	25:56
40	Uthe, Janice L	Bowie, MD	F	48 313	26:00
41	Prange, Eric	College Park, MD	M	26 352	26:21
42	Wilson, Challis	Laurel, MD	M	59 351	26:30
43	Drummond, Jimmie J	Mitchellville, MD	M	45 323	26:53
44	Douglas, Stephanie L	Ellicott City, MD	F	17 264 HCJS	26:55
45	Douglas, Karen L	Ellicott City, MD	F	42 263	27:01
46	Sadoff, Elizabeth	Washington, DC	F	55 299 MCRRC	27:08
47	Sullivan, Doug	Clarksville, MD	M	42 308	27:11
48	Finkelstein, Jodi	Olney, MD	F	31 373	27:12
49	Higgins, James	Jessup, MD	M	44 331 PVTC	27:17
50	Staskowski, Ron	Riverdale, MD	M	56 306	27:28
51	Fisher, Laurie V	University Park, MD	F	53 332 PGRC	27:44
52	Lipovsky, Ben	Hyattsville, MD	M	56 338 PGRC	27:44
53	Vesperas, Ronnie	Fort Meade, MD	M	38 315	27:57
54	Stout, Dale	McLean, VA	M	42 307	28:12
55	Kunz, Christopher J	Silver Spring, MD	M	46 280	28:18
56	Hamilton, Linus	University Park, MD	M	10 272 PGRC	29:06
57	Hamilton, Elliott E	University Park, MD	M	44 271 PGRC	29:06
58	Mailhe, Laurie M	Bowie, MD	F	29 284 PGRC	29:35
59	Derber, Colleen	Dunkirk, MD	F	41 368	29:37
60	Arbery, Nina	Silver Spring, MD	F	44 346	29:42
61	Goddard, Kathryn	College Park, MD	F	35 366	29:50
62	Newburgh, Janet	Rockville, MD	F	62 288 MCRRC	29:59
63	Young, Rebecca	Laurel, MD	F	28 322	30:08
64	Pescatore, Carole	Silver Spring, MD	F	47 360	31:08
65	Wassmann, Bernadette	Greenbelt, MD	F	27 358	31:08
66	Hillard, Larry	Greenbelt, MD	M	44 374	31:26

67	Toney, Andrea F	Mitchellville, MD	F	44 375 PGRC	31:28
68	Southam, Jodi D	Arlington, VA	F	26 304	31:30
69	Costa, Emilia	Columbia, MD	F	21 260	31:37
70	Joseph, Jill G	University Park, MD	F	60 277	31:45
71	Walker, Susan	Washington, DC	F	41 316	32:30
72	Love, Rachel	Washington, DC	F	32 282	32:30
73	Gibbs, Gale	Mt. Rainier, MD	F	37 267	32:38
74	Imholtz, Clare	Beltsville, MD	F	58 339 PGRC	32:47
75	Wycherley, Alan D	Annapolis, MD	M	62 321 AS	32:48
76	Caravoulias, Christina L	Silver Spring, MD	F	49 256 PGRC	32:55
77	Trapp, Julie A	Silver Spring, MD	F	60 310 PGRC	33:07
78	De Boe, Stan	Adelphi, MD	M	48 262	33:24
79	Novak, Jeanette	Damascus, MD	F	60 336	33:59
80	Keat, Jim	Greenbelt, MD	M	72 345 PGRC	34:05
81	Hanson, Kathleen M	Annapolis, MD	F	50 273 AS	34:36
82	Green, Rodney	Hyattsville, MD	M	56 269 PGRC	34:42
83	Vanison, Denise	Washington, DC	F	38 314	34:55
84	Bonistalli, Kathryn	College Park, MD	F	22 253	35:02
85	Thornton, Patricia	Greenbelt, MD	F	51 309	38:57
86	Zenchoff, Philip	Silver Spring, MD	M	77 341	39:14
87	Nghiem, Mindy	Olney, MD	F	43 289	39:15
88	Chaillet, Denise A	New Carrollton, MD	F	43 333	41:32
89	Rainey, Linda	Laurel, MD	F	37 294	41:55
90	Rainey, Lisa	Laurel, MD	F	38 295	42:03
91	Wagner, Jenny	Jessup, MD	F	27 371	43:16
92	Saunders, Jaivon	Pasadena, MD	M	30 354	43:30
93	Jones, Cathy	Silver Spring, MD	F	31 275	43:54
94	Jones, Ginny	Greenbelt, MD	F	60 276	43:55
95	Flynn, Sancha	Seabrook, MD	F	28 266	44:22
96	Lehr, Eugene	College Park, MD	M	66 344 PGRC	45:26
97	Sounders, Connie	Pasadena, MD	F	27 353	45:35
98	Welsh, Jane	Silver Spring, MD	F	54 317	51:10
99	Sleman, Meagan	College Park, MD	F	30 364	51:10
100	DuBois, Eleasa	Washington, DC	F	37 265	52:53
101	Scott, William P	Laurel, MD	M	40 301	52:53
102	Wolf, Lillian	Silver Spring, MD	F	71 343	53:27
103	Canty, James E	Kettering, MD	M	65 255 AS	54:30
104	Canty, Denise D	Kettering, MD	F	45 254 AS	54:30

105 Quindnes, Christine	Adelphi, MD	F	54 356	56:34
106 Levine, Ethel	Silver Spring, MD	F	54 357	56:34
107 Lent, Sarah	Adelphi, MD	F	75 340 PGRC	57:54
108 Zenchoff, Mary	Silver Spring, MD	F	72 342	1:03:00

Posted 2004.12.04 12:59
Updated 2004.12.06 09:44

[Age Group Awards](#) [Races](#) [PGRC Home](#)

Appendix 2: Overall Results

Appendix 3

Email Detailing Duties of Team Captains:

From: Austin Conaty [<mailto:austin@gmao.gsfc.nasa.gov>]
Sent: Tuesday, November 23, 2004 8:13 PM
To: Pete Toth; Billy Castle; Kent McCullough; vgbailey@yahoo.com;
pwofforson@aol.com; David Rapp; vfromel@aol.com; Pete Toth; Lucy Younes
Cc: austin.conaty@gmail.com; austin@greenbelt.com
Subject: Greenbelt Wright Stuff Team Captains

Greetings Team Captains,

I'm going to have to lean extra hard on the team captains because my wife Agnes is in the hospital right now and will need my special attention for about a week when she's released hopefully by tomorrow.

Psyche Williams-Forson will be the volunteer coordinator. I met her at the Outback 8k where she graciously agreed to help in that important position.

Psyche will be in charge of keeping track of all the volunteers for 2 important reasons.

1. So we can recognize and thank them, and
2. So we'll know who to put in which volunteer position

Kent McCullough has agreed to be in charge of Course Marshalls. Kent will be provided course maps indicating where the course marshalls were positioned last year and how many marshalls we should have. Kent will be sure the marshalls are instructed and in place in a timely manner to keep the runners on track. Kent will also be a runner in the race.

We have been given permission by Atlanta Bread Company to come by Friday evening Dec. 3 at 8:45 (they close at 9) to pick up the end of day baked goods. We sometimes split the goodies with other organizations so the total amount of goodies will be unknown until Friday night.

I'd like one of the captains to step forward and be in charge of food coordination.

Team Captain in charge of coordination will:

- 1) Pickup goodies Friday night at Atlanta Bread
- 2) Notify me Friday night if the amount of goodies is dismally small so I can do some last minute shopping.
- 3) coordinate the layout of food and drinks (after runners go outside for the start of the race)

Water Stop Captain

This one's pretty simple. Get one of the PGRC club tables, 1 water cooler full of water, 100+ cups and position them with 2 volunteers at the designated water stop. Then fill cups 1/2 way and pass out water for the two laps when the runners are down by the lake. Don't freeze your butt off in the process.

Packet pick-up

two important points:

Tshirts

We will have light blue long sleeve shirts this year. We will also have white Tshirts from last year. I will make every attempt to make sure runners who are running for the second year will get a blue shirt. I will need cooperation and attention to detail from the Team Captain at the registratin table. I will make every attempt to hand out the White Tshirts to runners who did not particpate last year. These are important details.

Red Dress Pins

The first 50 women registered to run will receive a "Red Dress" pin that is the logo of the American Heart Association's campaign to raise awareness for the cardiac health of women. These pins must go to the first 50 registered, not the first 50 to show up on race day. This is an important detail.

I've run out of time. Need to head over to the hospital.

In the next email... course marking and course safety check and start/finish line duties.

Gotta Run. I'll be counting on you one and all.

Thank you,
Austin Conaty

Appendix 4:
Letters in Support of the Race



Mr. Arnold Belasco
Atlanta Bread Company
5506 A Beltway Plaza
Greenbelt, MD 20770

Thursday, December 02, 2004

Dear Mr. Belasco,

The Prince George's Running Club (PGRC) congratulates you on your first year in Greenbelt that you celebrated recently. There is no doubt that the students from the University of Maryland and many of the local Greenbelters are happy with the Atlanta Bread Company.

Our club will be putting on the Greenbelt Wright Stuff 5k, on Saturday December 4, 2004. We are asking that we be allowed to come by Friday night Dec. 3 and receive the end of day leftover baked goods to be used as refreshments for our runners the following morning. The race is the last of the year for PGRC and will attract about 100 runners from Maryland/DC/Virginia area.

We are sending this note along as you requested so your manager will know to expect someone from PGRC on Friday night Dec. 3, 2004. Thank you so much for your support.

Sincerely,

Austin Conaty
PGRC Race Coordinator

Jeff Witten, Corporate Vice President
American Heart Association
Mid-Atlantic Affiliate
Greater Washington Region
7203 Poplar Street
Annandale, VA 22003

Thursday, April 22, 2004

Dear Jeff,

On behalf of the Prince Georges Running Club (PGRC) we are happy to give to you the proceeds from a race we ran on December 7, 2003. The race was the "Greenbelt Wright Stuff 5k Fun Run and Walk" and was held in Historic Greenbelt Maryland. The course included two laps around Greenbelt Lake. Due to a snowstorm the day before the race, the turnout for the race was not optimal. However, we did have a turnout of about 100 racers, and 65 of those finished the race on the snow and ice filled course.

The race was inspired by the convergence of three different factors. The 100th anniversary of the Wright Brothers' first flight was something that was worth celebrating. I enjoy running and thought this would be an ideal event for a commemorative race. The passing of my father Joseph Patrick Conaty who died of a heart attack on November 7, 2002 further motivated me. That's what led us to the America Heart Association.

Jeff we present you this check for \$250 from the Prince George's Running Club made out to the American Heart Association to be donated in memory of Joseph Patrick Conaty.

Thanks to you and all the hard working people at AHA for all the good work you do year in and year out. Thanks for taking the time out of your busy day to meet with our club president Lucy Younes and myself.

Sincerely,

Austin L. Conaty
Race Director Greenbelt Wright Stuff 5k
Prince George's Running Club
8150 Lakecrest Drive #710
Greenbelt, MD 20770

Ellen Siegel, Manager
New Deal Cafe
113 Centerway
Greenbelt, MD 20770

Dear Ellen,

Monday, November 29, 2004

The Prince George's Running Club (PGRC) is putting on an event for the second time this fall. This year we will have our 2nd running of the Greenbelt Wright Stuff 5k in historic Old Greenbelt, MD.

Thank you for the generous donation of a \$15 gift certificate to be used at The New Deal Cafe. You have provided a wonderful prize for a lucky runner of the 2004 Greenbelt Wright Stuff 5k. Thank you so much!

At the presentation of the gift certificate, we will of course thank The New Deal Café and encourage our runners to visit your business as we hand out that gift certificate.

On behalf of Lucy Younes, president of PGRC and Robert Grumbine, vice president of PGRC I thank you kindly for your generosity. We are truly fortunate to receive this gift certificate from you and your fine establishment.

Many thanks,

Austin Conaty, PGRC race coordinator
301-614-6149
austin@greenbelt.com

Cathy Allen, Director
College Park Aviation Museum
1985 Corporal Frank Scott Drive
College Park, MD 20740

Dear Cathy,

Monday, November 29, 2004

The Prince George's Running Club (PGRC) is putting on an event for the second time this fall. This year we will have our 2nd running of the Greenbelt Wright Stuff 5k in historic Old Greenbelt, MD.

Thank you for the generous donation of a limited edition centennial of flight coffee mug. You have provided a wonderful prize for a lucky runner of the 2004 Greenbelt Wright Stuff 5k. Thank you so much!

At the presentation of the coffee mug, we will of course thank The College Park Aviation Museum and encourage our runners to visit your museum as we hand out that prize.

On behalf of Lucy Younes, president of PGRC and Robert Grumbine, vice president of PGRC I thank you kindly for your generosity. We are truly fortunate to receive this gift from you and your fine museum.

Many thanks,

Austin Conaty, PGRC race coordinator
301-614-6149
austin@greenbelt.com

Mark Behnke, President
The Behnke's Nurseries Company
11300 Baltimore Avenue
Beltsville, MD 20705

Dear Mr. Behnke,

Tuesday, March 30, 2004

The Prince George's Running Club (PGRC) has been putting on an event each spring for the last 17 years. This year we will have our 18th running of the Springburst 8k at Greenbelt Park in Greenbelt, MD.

Each year our race Tshirt for the Springburst features a particular flower. One year it was a collection of all the flowers from past years. So the theme of the race is really a celebration of the arrival of spring.

When we think of spring in Prince George's County, we can't help but think of you and your people at The Behnke's Nurseries Company. This is why you are the first people we turned to for a helping hand. We were hoping you would be kind enough to donate 2-dozen small flowers (in the little plastic starter containers) that we would present to our Springburst 8k winners.

At the presentation of the flowers, we would of course thank Behnke's Nurseries and encourage our runners to visit your Potomac, Beltsville or Largo locations.

On behalf of Lucy Younes, president of PGRC and Robert Grumbine, race director of the Springburst 8k, I thank you kindly for any generosity that we are fortunate enough to receive from you and your fine company.

Many thanks,

Austin Conaty, PGRC race coordinator
301-614-6149
austin@greenbelt.com

Mike Miller, Manager
94th Aero Squadron Restaurant
5420 Paint Branch Pkwy
College Park, MD 20740

Dear Mike,

Monday, November 29, 2004

The Prince George's Running Club (PGRC) is putting on an event for the second time this fall. This year we will have our 2nd running of the Greenbelt Wright Stuff 5k in historic Old Greenbelt, MD.

Thank you for the generous donation of a \$40 gift certificate to be used at the 94th Aero Squadron Restaurant. You have provided a wonderful prize for a lucky runner of the 2004 Greenbelt Wright Stuff 5k. Thank you so much!

At the presentation of the gift certificate, we will of course thank The 94th Aero Squadron Restaurant and encourage our runners to visit your restaurant as we hand out that prize.

On behalf of Lucy Younes, president of PGRC and Robert Grumbine, vice president of PGRC I thank you kindly for your generosity. We are truly fortunate to receive this gift certificate from you and your fine establishment.

Many thanks,

Austin Conaty, PGRC race coordinator
301-614-6149
austin@greenbelt.com

Dear Mr. McNeal,

Monday, June 21, 2004

Please find the **Facility Application** form that I am faxing in addition to this cover page. I am requesting the use of the **Youth Center Gymnasium** and use of the **Lake Path** all on one form.

We would be happy to mention that the craft fair will be taking place on that very same day and we would encourage our runners to check out the craft fair. If you'd like, we can even print that on our race registration form.

I am requesting the use of these Greenbelt facilities in support of the 2nd Annual Greenbelt Wright Stuff 5K Run/Walk. This race commemorates the 101st anniversary of the Wright brothers' historic first flight in Kitty Hawk, NC on Dec. 17th, 1903.

The race will benefit the American Heart Association, and will be a Prince Georges Running Club race, which means it will be run by PGRC. Just like last year, we will use the USA Track and Field certified course that **Joe Broderick** was kind enough to provide. The finish line and start line will be along the path next to the Youth Center.

Please also note that the Lake Path request and the Youth Center Gymnasium request are for **Dec. 4, 2004 from 7:00am until 10:00am**. The current plan has the race start time at 8:00am. The hour before the race will be used for pre-race registration, packet pick up, and course preparation. The time after the race will be used for handing out prizes, clean up etc....

I send my thanks to you and the City of Greenbelt for your kind consideration in this matter.

Sincerely,

Austin Conaty
8150 Lakecrest Drive #710
Greenbelt, MD 20770

301-614-6149 (w)
301-982-9246 (h)

Appendix 5: Race Registration Form

In honor of the 101st anniversary of the Wright Brother's Historic First Powered Flight Prince George's Running Club presents the
Greenbelt Wright Stuff 5K Fun Run & Walk
Race entries limited to first 100 registrants!!
Saturday, December 4, 2004 at 8:00 am

Location: Race day registration and packet pick up at the Greenbelt Youth Center, 99 Centerway, Greenbelt, MD. The race starts on the trail just behind the Youth Center at 8:00 a.m. sharp.

Awards: Long Sleeve T-shirts for all runners. Random prizes. Refreshments for everyone. Certificates will be given out to top places in age groups.

Packet pickup & race day registration: 7:00-7:45 a.m. at the Greenbelt Youth Center, 99 Centerway, Greenbelt.

Registration and Fees:

Pre-registered--\$15 (please do not mail after 11/23)

Make checks payable to PGRC

Mail to:

*Austin Conaty
8150 Lakecrest Drive #710
Greenbelt, MD 20770*

Race day--\$20

Online Registration: www.active.com

Celebrate 101 years of flight in a special way. Proceeds will benefit the American Heart Association. Please indicate if you're making a special contribution to AHA.



Course: Flat, fast course through Greenbelt Lake at Buddy Attick Park. For the safety of all runners, no strollers, baby joggers, pets, or headphones are permitted in the race.

Directions: From Capital Beltway, take exit #23, Kenilworth Ave. north towards Greenbelt. Turn right at the light on Crescent Road. Drive approximately 1.4 miles and turn right at the stop sign just past the library on the right. Park in the parking lot behind Greenbelt Library. Registration and packet pickup at the nearby Greenbelt Youth Center.

For Additional Information: Austin Conaty at 301-982-9246 or visit PGRC www.pgrc.org on the net.

Female ___ Male ___ (ver1.4)

RACE NUMBER
OFFICIAL USE ONLY

NAME _____ DATE OF BIRTH _____
Please print First M.I. Last

ADDRESS _____ AGE ON RACE DAY _____

CITY _____ STATE _____ ZIP _____

EVENING PHONE _____ - _____ - _____ EMAIL _____ Club: PGRC
 Other _____

T-SHIRT SIZE: M ___ L ___ XL ___ Special Contribution to AHA: \$ _____

Entry and waiver MUST be signed by runner (parent or guardian if runner is under 18)

I know that running is a potentially hazardous activity and that I should not enter and run in this race 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 compete in the run. I assume all risks associated with running including, but not limited to, falls, contact with other participants, the effects of the weather, including heat and high humidity, and the condition of the path or road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my enrollment, I, for myself and anyone entitled to act on my behalf, waive and release the Prince George's Running Club, the City of Greenbelt, plus all event partners, sponsors, volunteers, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this race even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. If I am signing this waiver as parent or legal guardian on behalf of the minor(s) named above, I agree to be responsible for the conduct and safety of the minor(s), and I recognize and assume the risks described above on behalf of those minor(s).

Signature: _____ Date: _____