



# Run Through the Grapevine



## 17<sup>th</sup> Annual 8k Cross Country Run

Official Use Only

**Please Print All Information Clearly**

Name \_\_\_\_\_ Age Race Day \_\_\_\_\_ Birth Date \_\_\_\_\_ Gender: M F

Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_ Phone Number \_\_\_\_\_ Shirt Size: M L XL

Fill in only if a member of a team: Team Name \_\_\_\_\_, Team Captain \_\_\_\_\_

I know that running a road race is a potentially hazardous activity and 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 complete the run safely. I assume all risks associated with running in this event including, but not limited to : falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, 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 Howard County Striders, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event of carelessness on the part of the persons named in this waiver. Further, I grant permission to all of the foregoing to use photographs, motion pictures, recordings, or any other records of these events for any legitimate purpose. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals and radio headsets are not allowed in the race and I will abide by this guideline.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
(Parent's Signature if under 18 years old)

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**TIME:** 10:00 AM, Sunday, November 7, 2010.

**TEAM AWARDS:** Awards will be given to the top two teams in each category and a 3<sup>rd</sup> award will be given if 5 or more teams finish.

**PLACE:** Linganore Winecellars, 13601 Glissans Mill Road, Mt. Airy, MD 21771.

**ENTRY FEE:** \$20.00 if postmarked by October 24; \$25.00 October 25-November 6; \$30.00 on Nov 7 (race day). Long sleeve shirts guaranteed to first 450 entries, if picked up before 9:30 AM race day.

**REGISTRATION:** Mail entry form and check payable to Howard County Striders, to: Run Through The Grapevine, c/o Jason Tripp, 4718 Leyden Way, Ellicott City, MD 21042. You can also register online until November 5<sup>th</sup> by going to [www.striders.net](http://www.striders.net). You may also register in person at packet pickup.(see below)

**PACKET PICKUP:** Saturday November 6<sup>th</sup>, 10 AM to 5 PM, at Feet First, Hickory Ridge Village Center, Columbia, MD. Race day pickup at the winery from 8:45 AM to 9:30 AM.

**INDIVIDUAL AWARDS:** Awards will be given to the top five male and female runners overall and the top three male and female runners in each age group. The age groups are as follows: under 18, 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and over.

**TEAM REGISTRATION:** Teams should be submitted together online. Team captains may email [grapevine@paintedcup.net](mailto:grapevine@paintedcup.net) with changes. Changes to teams will **not** be allowed on race day.

**TEAM CATEGORIES:** OPEN (Male, Female, Coed), MASTERS (Male, Female, Coed), and FAMILY categories. NOTE: Coed teams must have at least one person of each sex count in the scoring. A FAMILY consists of any relative (blood, step, half,...).

**POST-RACE ACTIVITIES:** Upon finishing assorted refreshments will be available for the runners. Awards will be presented as soon as possible with WINE TASTING to follow. Picnic tables are available for those who would like to bring a picnic lunch.

**COURSE:** 8 kilometer (4.97 miles) VERY challenging course run entirely on the property of Linganore Winecellars.

**INFORMATION:** Call the Howard County Strider's Hotline at (410) 964-1998, or Jason Tripp at (410) 963-0134. Go to Howard County Striders web page for more information or to register online.

**DIRECTIONS:**

**From I-70:** Take Exit 62 New Market. North on MD 75 (4.5 miles). Turn Right just before concrete bridge onto Glissans Mill Rd. (3.7 miles to winery).

# Team Declaration Sheet

**TEAM CATEGORY:** (check one)

Open Male       Open Coed       Open Female       Family  
 Masters Male       Masters Coed       Masters Female

**TEAM NAME:**

\_\_\_\_\_

**TEAM CAPTAIN:** (Need not be a team member, just a point of contact)

Name \_\_\_\_\_ Phone (    ) \_\_\_\_\_  
Address \_\_\_\_\_

**TEAM MEMBERS:** (at least 4 and maximum of 6) (print names as they appear on individual entry)

	NAME	AGE
1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____

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**ONLINE TEAM REGISTRATION:** Teams that register and together at [www.striders.net](http://www.striders.net) will receive a \$2 discount per runner.

**PAPER TEAM REGISTRATION:** This Team Declaration Sheet may be mailed to Run Through The Grapevine, c/o Jason Tripp, 4718 Leyden Way, Ellicott City, MD 21042. Individuals on a team must still enter as an individual with their entry fee (please submit with Team Declaration Sheet, if possible). Substitutions to an already entered team can be made up until 5:00 PM Nov. 5<sup>th</sup>, 2010. If you need to make substitutions (or have other questions) please call Jason Tripp at (410) 963-0134. Changes to teams will **not** be allowed on race day, so don't hesitate to call if you need to make a change!