

New Date

Columbia Metric Marathon & 5k

34th



Sunday, November 14, 2010
8:15 A.M.



A RacePacket Grand Prix Series Race

When: Sunday, November 14 at 8:15 A.M.

Where: Little Patuxent Parkway between the Columbia Mall and the Columbia Lakefront, (near the pedestrian overpass). 10227 Wincopin Circle, Columbia, MD, 21044. Directions and map available at Striders website: www.striders.net.

Registration: Online at Active.com, or mail entry form and check (payable to Howard County Striders) to Metric Marathon, c/o John Worley, 6041 Watch Chain Way, Columbia, MD 21044.

Packet Pick-up: Friday, November 12 from 12 noon to 6:00 P.M.; Saturday, November 13 from 10 AM - 5 PM, and race day November 14 at (start of race) from 6-8 AM.

Race Information: (course maps, updates, bib numbers before packet pickup, and race results) at Howard County Striders website: www.striders.net or Striders Hotline: (410) 964-1998; , and e-mail at MetricMarathon@gmail.com.

Awards Ceremony: immediately following race; food and refreshments plus random prizes; Technical T-Shirts while the supply lasts.

Results: Race results will be posted immediately after the race and results will also be available at www.striders.net

Finish line closes after 3.5 hours.

26K (16.2 miles)

26K Entry fees: (nonrefundable) \$ 25 through- Oct. 28; \$35 Oct 29-Nov 13; \$40 on Nov 14.

26K Awards: Top 3 overall male and female; and male/female age groups in the following categories (top 3 in each group): 1-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, and 70+.

All finishers will receive running gloves



Metric & 5K Application -- Please print clearly

First Name		MI	Last Name		Event	Official Use			
Street Address			City		State	Zip			
Age Race Day	Gender	M	F	Birth date (mm/dd/yy)	Home Phone	Work Phone			
E-Mail Address				Shirt Size	S	M	L	XL	Amount Enclosed \$

Waiver - Please read & sign, If under 18 parent or guardian must sign

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 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 of my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Howard County Striders Inc., and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event or 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

Please make check payable to: Howard County Striders & send to Metric Marathon, 6041 Watch Chain Way, Columbia, MD 21044