



26th Annual Ten Mile Club Challenge



Sunday, February 20, 2005
8:00 a.m.

Represent your RRCA running club in one of the most competitive and challenging races in Maryland. Team categories include Male, Female, and Combined. Team scoring is based on a minimum of the top twelve male runners and the top three females runners. To save your time and ours, online or mail-in pre-registration is encouraged and appreciated.

Time and Place: 8:00 a.m. Howard Community College (Physical Education Building) Columbia, MD.

Entry Fee: \$7 PAYABLE ON RACE DAY ONLY. Please do not send payment. Note: most clubs supplement entry fees for club members in whole or in part. During packet pick-up, see club list for your payment amount.

Online Registration: Online pre-registration encouraged and greatly appreciated. Please visit www.RaceTrakOnline.com from 2/1/05 to 2/19/05 (noon). Contact your club president for team password.

Mail-in Registration: Online pre-registration preferred (see above). If necessary, mail entry form to Club Challenge, 8577 Dark Hawk Circle, Columbia, MD 21045-5614.

Race Day Registration & Packet Pick-up: At HCC Phys Ed Building, Sunday Feb 20 from 6:45am to 7:45am

Scoring: The top 12M and top 3F finishers constitute the minimum team size. Team size increases to the lowest number of all qualifying team finishers. For example, if all teams have at least 13M, then 13M would be scored M teams. No runners finishing after two hours will be scored.

Course: Challenging 10M (GPS-measured) course. Mile markers will be provided as noted on the map.

Race Information: www.striders.net. Race Director: 410-730-1668 (h) or Richard.Bernstein@jhuapl.edu. Strider Hotline: 410-964-1998.

Amenities: Showers and locker room. Special premium to all finishers. Refreshments and snacks. Russell Antico, DC will provide an information booth with free post-race massages provided by Pat Wilkerson CMT and Lisa Carey CMT.

Club Challenge Entry Form - Clearly print all information.

FIRST NAME		LAST NAME		OFFICIAL USE ONLY	
ADDRESS STREET			ADDRESS CITY, STATE ZIP		
BIRTHDATE (mm/dd/yy)	AGE RACE DAY	GENDER <input type="checkbox"/> M <input type="checkbox"/> F	PHONE	E-MAIL ADDRESS	
TEAM (circle only one)					
Annapolis Striders (AS)		Frederick Steeplechasers (FS)		Montgomery Co RRC (MCRRC)	
Bowie RRC (Bowie)		Goddard ROC (Goddard)		Prince George's RC (PGRC)	
Baltimore RRC (BRRRC)		Happy Trails (HT)		Queen City Striders (QCS)	
DCRRC		Howard Co. Striders (HCS)		RASAC	
				Unattached (U)	
				Washington RunHers	
				Westminster RRC	
				Other: _____	

Waiver - Please read and 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
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Mail to: Club Challenge, 8577 Dark Hawk Circle, Columbia MD 21045-5614

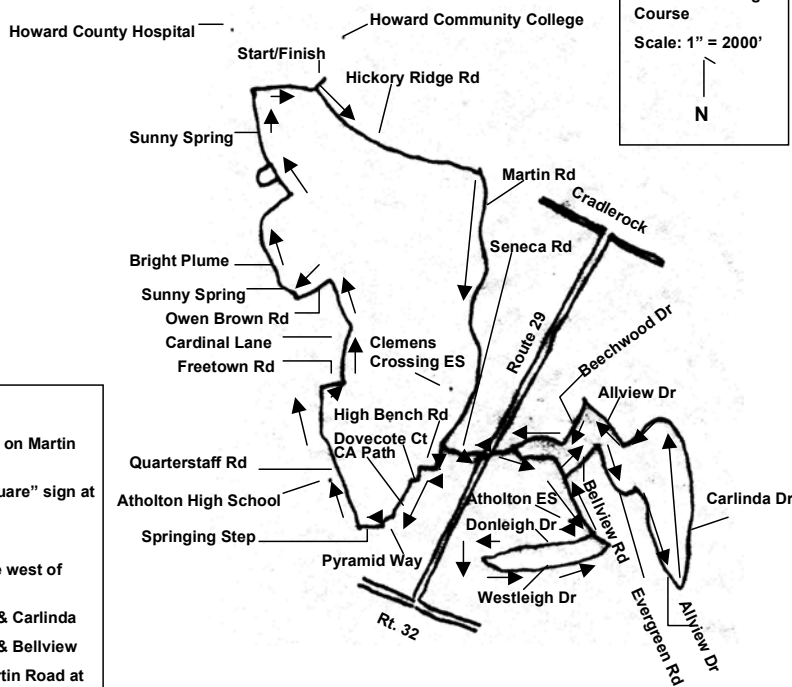


Course Notes:

- Martin to Hickory Ridge – with traffic, crossing Windsor Ct. at cone before crossing turning onto Seneca to cross Rt 29 on south side of bridge;
- Turning onto Owen Brown – course runs against traffic;
- Cardinal to Sunny Spring – runners lane coned entire stretch;
- Sunny Spring – run against traffic to HCC;
- Coned sections – Hickory Ridge Rd and Owen Brown Road

Mile Markers:

- 1M – just past calming circle on Martin Road # 6232
- 2M – Just past “Clemens Square” sign at Shady Grove Road
- 3M – 10126 Donleigh Drive
- 4M – Bridge on Seneca Drive west of Atholton ES
- 5M – Intersection of Allview & Carlinda
- 6M – Intersection of Allview & Bellview
- 7M – High Bench just off Martin Road at Fortnight Ct & Oxhorn Ct
- 8M – Quarterstaff and Freetown Road
- 9M – Sunny Spring at Plaited Reed & Resting Sea
- 10M – HCC side entrance at “No Outlet” sign



Howard County Striders
10 Mile Challenge Course
Scale: 1" = 2000'
N

Water Stops:

- Atholton Elementary School (Approximately miles 2.75 and 3.75)
- Dovecote Ct at CA path (Approximately mile 7.25)

Start: Hickory Ridge Road in between Bridlerain & Charter at Storm Drain
Right on Martin Road
Left on Seneca Drive (after crossing Windsor Ct), crossing Rt. 29 on Exit 17 Bridge
Continue on Seneca past Atholton ES
Right on Donleigh Drive
Left on Westleigh Drive
Left on Seneca Drive
Right on Bellview Drive
Right on Evergreen Avenue
Right on Allview Drive (no sign for Allview Drive at this point)
Left on Carlinda
Right on Allview
Left on Beechwood Drive
Right on Seneca Drive (crossing Rt. 29 again)
Left on Martin Road
Right on High Bench
Left on Dovecote Ct
Right after 1/10 mile
Right on path between 6645 Dovecote and the mailboxes to path about 2/10 mile through the trees – bear right at blue “open space” sign
Enter Pyramid Way cul de sac with #6729 on left
Right on Springing Step
Right on Freetown Road
Right on Quarterstaff Rd
Left on Cardinal Lane
Left on Owen Brown Road
Right on Sunny Spring
Left on Bright Plume
Left on Sunny Spring
Right on Hickory Ridge Rd to finish at HCC side entrance at yellow “No Outlet” sign

Howard County Striders
Club Challenge
8577 Dark Hawk Circle
Columbia, MD 21045-5614

Non-Profit Organization
U.S. Postage
PAID
Columbia, MD 21045
Permit No. 129

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