

# Larry Noël 12K Race & 3K Fun Run

Saturday, August 22<sup>nd</sup>, 2009

12K at 8:00 a.m., 3K at 8:15 a.m.

*Through the U.S. Department of Agriculture Research Center*

**A fundraiser conducted by DC Road Runners Club to benefit the Girls Gotta Run Foundation**

**A Maryland RRCA State Championship Series Race**

**New date! New time! New Course! New distance!** Help build a new tradition for this 51-year-old event. Now a morning 12K race, it's the **perfect tune-up for the Annapolis Ten Miler and Virginia Beach Rock'n'Roll Half Marathon**. Hills for the strong, straight-aways for the swift make the 12K course fun and challenging, with four refreshment stops to keep you hydrated. The 3K Fun Run, a family-friendly event, goes up and down a gentle hill.

**A fund raiser for The Girls Gotta Run Foundation.** Girls Gotta Run provides running shoes for young women athletes in Ethiopia. \$5 of your registration fee supports this locally-based, non-profit organization.

**Artistic T-Shirt with no corporate logos** guaranteed to all registered on or before Saturday, August 8.

**Awards:** 12K race features cash or gift certificate awards to first three overall and first Master (over 40), male & female; \$75 first place and first master, \$50 second place, \$25 third place. Both races will have 10-year age group awards: 1st, 2nd & 3rd. **Young runner awards!** \$10 cash or gift certificates for the first five runners, 13 years and younger, who finish the 3K Fun Run.

**Post-race refreshments** after the race at the finish line.

**Packet Pickup and Late Registration** near the parking area/starting line beginning at 7 a.m..

**New Directions!** Take Beltway Exit 23, Kenilworth Ave (Rt 201) North. Kenilworth Ave becomes Edmonston Road. After 1.9 miles, turn right on Powder Mill Rd. After 1.9 miles, just past Research Rd., turn right into parking area. **OR** take BW Parkway to Powder Mill Rd. exit, go west 1.2 miles on Powder Mill, turn left into parking lot.

**To volunteer or for additional information,** please contact the race director at [larrynoel12k@verizon.net](mailto:larrynoel12k@verizon.net).

**Lots more information online!** At <http://www.dcroadridders.org> and <http://www.girlsgottarun.org>

Name: \_\_\_\_\_

e-mail: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

Gender:  M or  F (optional) RRCA club: \_\_\_\_\_

Birth date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age on 08/22/09: \_\_\_\_\_

Event:  3K or  12K

Shirt Size:  S  M  L  XL

No T-shirt (deduct \$5 from race fee)

**Fee** (includes \$5 contribution to Girls Gotta Run Foundation):

**12K:** \$18 for DCRRRC members, \$22 for non-members on or before 8/8 \$23 for all after 8/8 or on race day.

**3K:** \$14 for all on or before 8/8 \$19 after 8/8 or on race day. \$ \_\_\_\_\_

+ additional GGRF contribution

(optional):  \$5  \$10  \$15

\$25  other \_\_\_\_\_

= total amount enclosed:

\$ \_\_\_\_\_

**Make checks payable to DC Road Runners.** Portion that is a contribution to The Girls Gotta Run Foundation, Inc., a 501(c)(3) tax-exempt organization, is tax-deductible to the extent permitted by law.

**Enclose check and mail to:**

**DCRRRC c/o Ben Richter**

**605 3<sup>rd</sup> Street NE**

**Washington DC 20002-4911**

I know that running is a potentially hazardous activity. I should not enter or run in club activities 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 in this race 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 acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release Road Runners Club of America, DC Road Runners Club, Girls Gotta Run Foundation, Inc., City of Greenbelt, MD, and all sponsors, 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 organizations and/or persons named in this waiver. ¶Further, I promise to remain on the course and not enter fields or woods of the Agricultural Research Station. ¶We share the roads and paths with many other users including residents and motor vehicles. In interest of personal safety, I will not wear headphones or use any electronic device that interferes with situational awareness.

Signature .....

Parent's Signature .....  
(if under 18 years old)

Date .....

