



Women's 5K

BY THE BAY



Presented by RASAC - the Harford County Running Club
A race for women runners of all ages and abilities.
Part of the 2011 Women's Distance Festival.

DATE: Sunday, April 15, 2012
RACE TIME: 8:00 AM
LOCATION: Tydings Park, Havre de Grace, MD
BENEFITS: The Harford County Office on Aging
Senior Emergency Fund

ENTRY
By March 29, 2012 \$25
After March 29, 2012 \$30
Race Day: \$35
*\$10 discount to all women over 60!

COURSE: USATF Certified
Flat, fast course through Havre de Grace

PACKET PICK-UP
Charm City Run
126 S. Main Street, Bel Air, MD 410.838.3243
Friday, April 13, 2012 (3:00pm - 7:00pm)
Saturday, April 14, 2012 (11:00am - 4:00pm)

AMENITIES:
Women's technical race tee
Splits at 1 and 2 miles
Great random prizes (you must be present to win)
Post-race refreshments

RACE DAY REGISTRATION
6:45 - 7:45 AM
Tydings Park, Havre de Grace, MD

TIMING & FINISH LINE: Charm City Run Timing

AWARDS (No Duplication)

1st Three Overall - \$300, \$200, \$100
1st Master 40-49 \$50
1st Grand Master 50-59 \$50
1st Senior Master 60-69 \$50
1st Senior Runner 70+ \$50

1st Three in the following age groups
(14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49,
50-54, 55-59, 60-64, 65-69, and 70+)

1st Three Mother/Daughter Teams
(awards determined by combined time - must register as a team)

NOTICE: NO BABY STROLLERS OR HEADPHONES ARE ALLOWED IN THE RUN PORTION OF THE EVENT. NO DOGS ALLOWED DUE TO INSURANCE LIABILITY.

RACE APPLICATION

In consideration of your acceptance of my entry, I hereby, for myself, my executors, and administrators, waive any and all rights and claims for damages I may have against the RASAC, City of Havre de Grace, RRCA, the Race Directors and their agents and sponsors for any and all injuries suffered during the Women's 5K By The Bay. I hereby, by my signature, acknowledge reading and understanding this clause, and attest and verify that I am aware of the hazards associated with this event and am physically fit and have trained sufficiently for this event. I have my parent's permission and signature below if I am under 18 years of age.

NAME _____ AGE (As of race day) _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ EMAIL _____

MOTHER/DAUGHTER TEAM NAME _____ CIRCLE SHIRT SIZE (Womens cut)

TEAM MEMBER _____ (Each member must register) XS S M L XL 2XL 3XL 4XL

AMOUNT ENCLOSED _____

SIGNATURE _____ SIGNATURE OF PARENT (If under 18) _____

Make Checks payable to: Women's 5K By The Bay
Mail to Sue Jacobs: 900 Chesney Lane, Bel Air MD 21014

Go to www.active.com for online registration. Contact Sue Jacobs at womens5kbythebay@yahoo.com or call 410-399-9948 for more details.