

27th ANNUAL "FOREST OF NEEDWOOD" GRAND PRIX
"JENNIFER SHAFER ODOM MEMORIAL RUN"
5 MILE ROAD RACE
SATURDAY MARCH 14TH, 2009

Sponsors: Brunswick Area Rec. Council – Frederick Steeplechasers Running Club

Date & Time: Saturday March 14TH 1 pm

Location: St. Mary's Catholic Church, Petersville, MD
From Frederick: Take 340 west to Rt. 180 exit (app. 10 mi.) Turn left onto rt. 180 Turn right onto Catholic Church Road (app. 2.5 miles) (see map on back)

Course Description: 5 MI: Loop, Rolling hills on paved roads.

Course Records: 5 mile: Male: Tom Nave 25:52 (1989)
Female: Laura Nelson 29:48 (1995)

Registration & Fee: Early Registration: \$18 (postmarked by March 8th)
Race Day: \$20 (11:00 am – 12:30 pm)
Youth 18 U Rate: \$10 Early/ \$12 Race Day

Awards: 1st & 2nd Place Trophy Male / Female
1st & 2nd Place Trophy Male / Female (youth 18 & under)
Age Group Medals 5 year intervals

Shirts: NEEDWOOD T-SHIRTS TO ALL REGISTERED RUNNERS

PIE DAY: Since the event is run on March 14th (3/14) a cherry pie will be awarded to the male and female runner coming closest to a time of 31.04 in honor of the mathematical value for PI 3.14

RANDOM PRIZES: Fun random prizes drawn before awards.

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NAME: _____ AGE: _____ SEX: M F

RACE: 5 MILE ____ 1 MI ____ SHIRT SIZE: S M L XL

STREET ADDRESS: _____

TOWN: _____ STATE: _____ ZIP: _____

PHONE #: _____ E-MAIL ADDRESS: (print) _____

Make Checks Payable To: EXPRESS RUNNING CLUB

MAIL TO: Lee Zumbach, 1019 Gristmill Ct., Knoxville, MD 21758 Phone: 301-834-8045

WAIVER: ____ Check here if the participant registered above has a known medical condition about which we should be aware. By my signature below, I acknowledge that there are inherent risks and dangers associated with recreation events and the Forest of Needwood Race. Therefore, I hold the Board of Frederick County Commissioners of Frederick County Maryland, and their designated agents, and the Brunswick Area Recreation Council, Express Running Club, Frederick Steeplechasers Running Club and St. Mary's and St. Francis Catholic Church, harmless from all claims for injuries, damages or loss which may result from my or my child's participation in this program.

ATHLETE'S SIGNATURE: (PARENT IF UNDER 18): _____

Jennifer Shafer Odom

“A True American Hero”

The Forest of Needwood Race is dedicated to the memory of Jennifer Shafer Odom. In July of 1999, U.S. Army Capt. Jennifer Shafer Odom of Knoxville, MD, died while serving her country on a mission in Colombia, South America. Her military plane crashed while she was on a drug intelligence mission.

Capt. Odom was a 1988 graduate of Brunswick high School, where she was a valedictorian and a member of the National Honor Society. She was active in numerous sports, drama and school organizations.

Jennifer was given two appointments to the U.S. Military Academy at West Point where she graduated in the top 25% of her class in 1992. She flew over 100 missions in 40 different countries in Europe, North Africa and the Middle East and eastern Europe.

Jennifer died a hero in the service of her country. Her life of accomplishment and service is a credit to her family. She was a model student and citizen for our youth. Her loss is a loss shared by the Frederick County community and she will be missed by all who came to know her and respect her and her life of accomplishment.

Directions to Petersville MD:

From Frederick: Petersville is located app. 12 miles southwest of Frederick, MD. Out of Frederick, take RT 340 West to RT 180 exit. Turn left onto RT 180 and travel 2.5 miles to Catholic Church Road on your right.

.From Hagerstown: Take RT 70 East to Frederick and RT 340 west directions out of Frederick. **From West Virginia Area:** Pick up RT 340 East near Charlestown. Take the RT 17 Brunswick Exit. Take RT 180 from traffic circle about 2 miles to Catholic Church Road on the left. **SEE MAP**

SCHOLARSHIP SUPPORT

The Forest of Needwood is presented in support of a scholarship fund present by the Express Running Club. The club awards up to 4 scholarships each year to graduating student athletes from Brunswick High School. In the past the club has awarded over \$8,000 to achieving students for their use in paying college expenses. The club would like to thank the following sponsors and supporters of the Forest of Needwood Race:

**The Frederick Steeplechasers Running Club
St. Mary's Catholic Church
Frederick County Sheriff's Dept.**

**Brunswick Area Recreation Council
State Highway Administration
Middletown Sportsland**

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