

29<sup>th</sup> ANNUAL "FOREST OF NEEDWOOD"  
"JENNIFER SHAFER ODEM MEMORIAL RUN"  
5 MILE ROAD RACE  
SATURDAY MARCH 19<sup>TH</sup>, 2011

**Sponsors:** Brunswick Area Rec. Council-Frederick Steeplechasers Running Club **GRAND PRIX EVENT**

**Date & Time:** Saturday March 19<sup>th</sup>, 2011, 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 paved roads.

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

**Registration & Fee:** Early Registration: \$18 (postmarked by March 15<sup>th</sup>)  
Race Day: \$20 (12 noon- 12:45 pm )  
Youth 18 & U Rate: \$10 Early / \$12 race day

**Awards:** 1<sup>st</sup> & 2<sup>nd</sup> Place Trophy Male / Female 19 & over  
1<sup>st</sup> & 2<sup>nd</sup> Place Trophy Male / Female (youth 18 & under)  
Age Group Medals 1<sup>st</sup> & 2<sup>nd</sup>

**Shirts:** NEEDWOOD T-SHIRTS TO ALL REGISTRERED RUNNERS

**Random Prizes:** Fun random prizes drawn before awards

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**RACE APPLICATION**

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ GENDER: M F

SHIRTS SIZE: S M L XL

STREET ADDRESS: \_\_\_\_\_

TOWN: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE #: \_\_\_\_\_ E-MAIL: (please print) \_\_\_\_\_

Make Checks Payable To: EXPRESS RUNNING CLUB

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

WAIVER: \_\_\_\_\_ Check this box 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 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 event.

ATHLETE'S SIGNATURE: ( PARENT IF UNDER 18): \_\_\_\_\_