



GREAT ALLEGANY RUN

35 Years

Saturday, October 1, 2016, 8 a.m., 15K and 5K in Cumberland, MD

Come run your fastest 15K ever. And quite possibly a 10K PR, as well, on the way, in this Western Maryland tradition now in its 35th year. Runners are bused from downtown Cumberland to the start in Mount Savage. The course is point-to-point with a nearly uniform elevation drop of 475 feet in the first 10K. The leaves are changing as you run a gradual downhill through the Narrows and into historic Cumberland. **USATF Certificate MD11011JS.** The Great Allegany Run (GAR) is conducted in partnership between the Queen City Striders and RacePacket. The GAR remains mostly as it has since it started, a low-key but well-run event, worth the trip whether you are coming from throughout the Mid-Atlantic or from right around the corner.

5K is flat & fast! The 5K is an out-and-back course in Cumberland. Awards in each race will be to top three overall and in 10-year increment age groups. **USATF Certificate MD11012JS.** Finish of both races is on the Downtown Cumberland Mall, with bountiful post-race refreshments.

Whatever event, entry includes GAR apparel to all entrants. Race is also run in conjunction with downtown festivities and bountiful refreshments. There is also a "Little Allegany Run," with no entry fee. With ribbons and treats to all, and the same finish line the runners use.



REGISTRATION AND PACKET PICK-UP

Fee: 15K - \$40; 5K - \$30; after September 21, 15K - \$45 and 5k - \$35. Add \$5 for requests for bus transportation. Make check payable to RacePacket/GAR. Application on page two.

Packet Pick-Up and Late Registration will be at the Ramada Inn in Cumberland, 5-9 p.m. Friday evening, and 6-7 a.m. on Saturday (5K will extend to 7:30 a.m. on Saturday). No registration or packet pick-up at start lines.

Transportation to the 15K Starting Line will be provided from the Ramada Inn @ \$5 per runner (some runners share rides so a car is at start and finish). **Last bus departs at approx. 7:15 a.m.**

Additional Information: Bob Platt, RacePacket, E-Mail: bob@racepacket.com; or www.qcstriders.org

Race Proceeds: Allegany County Habitat for Humanity



RacePacket



Join us in 2016, our 35th running of this Western Maryland tradition.
MAIL TO: Great Allegheny Run, c/o RacePacket, PO Box 25094, Arlington, VA 22202

LAST NAME _____ FIRST NAME _____
ADDRESS _____ PHONE NO. _____
CITY _____ STATE _____ ZIP _____
SEX _____ AGE (AS OF 10/1/16) _____ T-SHIRT SIZE (CIRCLE ONE) – Regular Cut XS • S • M • L • XL • XXL
Shirts are all of moisture-wicking material, may be limited on day-of-signup, Women’s fit XS • S • M • L • XL • XXL

E-MAIL _____
(Note – you are not required to include an e-mail but it does ensure that you receive pre-race map and post-race link to newspaper article, photos, and results.)

PLEASE CIRCLE APPROPRIATE CATEGORY(IES): 5K • 15K ____ Check here if you require bus transportation to 15K start

I would like to make an additional tax-exempt donation to support
Allegheny County Habitat for Humanity _____ Amount _____



RELEASE: For and in consideration of my participation in the Great Allegheny Run and other valuable consideration, receipt of which is hereby acknowledged. I do hereby agree, on behalf of myself, my heirs, executor, administrator and assigns, to indemnify, release and forever discharge The Run Organizing Committee, The Mayor and City Council of Cumberland, Allegheny County, Queen City Striders, RacePacket, Allegheny County Habitat for Humanity, Downtown Development Commission, Downtown Cumberland Business Association, RRCA, USAT&F, and all sponsors; their officers, servants, agents and employees of said organizations, and volunteers associated with the Great Allegheny Run, jointly and severally, and to hold and save harmless from and against any and all actions, claims, demands, judgements, liabilities, suits, loss, damage, or expense of whatever kind and nature, including attorney fees, whatsoever in case of any death or personal injury, which may at any time be incurred by reason of my participation in or preparation (before and after) for the aforesaid competition.

Athlete Signature (Parent/Guardian must sign for Runners under 18) _____

REPRODUCTIONS OF THIS APPLICATION FORM ARE ACCEPTABLE

***Thank you to Great Allegheny Run primary sponsors:
Queen City Striders, RacePacket and City of Cumberland***