

# The Great Escape

## Law Enforcement 5K Run & 2Mile Walk

### Saturday, April 9, 2016

9:30 am start - Mexico Farms Industrial Park

(8:15 am Registration)

**Where:** F. C. I. Cumberland Training Center  
**Course:** Gentle rolling 5K loop with uphill dash to finish line. 2 Mile Walk is out and back, mostly level.  
**Registration:** \$18.00 if received before (April 2<sup>nd</sup>) \$20.00 after (April 2<sup>nd</sup>) and on race day. T-shirts guaranteed for all pre-registered entries received by April 2<sup>nd</sup> (Walk and Run). **Race day**

**Registration is from 8:15-9:15am.**

**Awards:** 5K Run Awards to top overall male and female and Clydesdale (200 and above). Top three for law enforcement, 10 and under and 65 and over. Top three male and female in each of the following categories: 11-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-64. Overall for the 2 Mile walk.

Make Checks payable to: F. C. I. Employees' Club (please do not send cash)  
Mail registration and checks to: Tom Clark, 252 Heavener, Ridgeley, WV 26753  
Phone Inquiries: Tom Clark (304)738-1504 or (301)784-1000 or  
[wrunningwild@gmail.com](mailto:wrunningwild@gmail.com)

Web Address: <http://lib.allconet.org/qcstriders/> (Queen City Striders)

---

Please return bottom half with registration fee.

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Age \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Male Female 5K Run 2 Mile Walk Law Enforcement Clydesdale\_  
(Circle all that apply)

T-shirt size: Small \_\_\_\_\_ Medium \_\_\_\_\_ Large \_\_\_\_\_ XL \_\_\_\_\_ 2X \_\_\_\_\_  
(Available to all pre-registered participants while supplies last)

Waiver and Release : I recognize that participation in this event may involve certain hazards. I understand that I should not participate unless medically able. I assume the risks associated with involvement including but not limited to falls, contact with participants, effects of weather, road and traffic condition, these risks being unknown and appreciated by me. Having read this wavier release and considering the acceptance of my application, I for myself and anyone entitled to act on my behalf, waive and release the Queen City Striders, Road Runners Club of America, Federal Correctional Institution Cumberland, all sponsors and host and their representatives and successors from any claim of liability arising from my involvement in this event.

Signature of entrant \_\_\_\_\_ Date \_\_\_\_\_

Signature of parent if entrant is under 18 \_\_\_\_\_ Date \_\_\_\_\_



