

Gulf War Memorial 5th Annual 5K Run



Presented by the Queen City Striders



August 22, 2015 @ 8:30am – Registration from 7:30 – 8:15 am

NEW THIS YEAR – FINISHER’S MEDALS!!

Course: Out and back rail trail course starting and ending on the Downtown Cumberland Mall. Course travels up to the narrows and back. Results, refreshments, sodas, hot dogs at The Memorial after completion of the race.

Age Groups: under 9, 10-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Awards: Awards to the top 3 in each age group (Male/Female). Cash Prizes for overall Male/Female finishers

Entry Fee: \$18.00 postmarked before August 8, 2015. \$20 race day.
Shirts guaranteed to pre-registered and upon availability on race day
Checks made payable to: Gulf War Memorial, Inc.

Mail to: Gulf War Memorial 5K
14200 Laura Lane Sw
Cumberland MD 21502

Questions: 301/729-6451 or
sellsworth24@atlanticbb.net

THE GULF WAR MEMORIAL INC THANKS YOU FOR YOUR SUPPORT!!!

Name: _____ Age: _____ M or F

Address: _____

Phone: _____ 5K _____

Shirt Size: S M L XL XXL(\$2 extra)

Waiver and Release: I have trained for this event and I am physically able to participate in this event. Therefore, I release and waive all rights and claims for damages I may have against the Queen City Striders, RRCA, Gulf War Memorial Inc, property owners, the City of Cumberland, T.R.A.C. Services, LLC and all volunteers and participants in this event. I do here consent to the use of my name and or photo in connection with publicity about the race.

Signature

Parent/Guardian if under 18.

Preserve and Honor Those who "Gave All" Defending this Great Nation

