

# Queen City Striders Present



Canal Place  
Cumberland, MD  
Sunday, August 21  
7:00 am — Noon

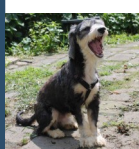


Come out and enjoy a 15 mile run on one of Allegany County's greatest natural resources, the Great Allegany Passage, while supporting the Allegany County Animal Shelter—a shelter of hope. A new addition for 2016! We've added a companion race to Howard's 25K Run - Potomac Farms Paws on the Pavement 5K. This shorter event utilizes the last 1.55 miles of the big course to provide a fun run/walk for all ages. Proceeds from both events benefit the operations and development of the Allegany County Animal Shelter.

**Prizes: 25K** - Cash prizes will be awarded for 1st male, 1st female, and course record. Awards will also be presented for top 3 overall finishers, male and female masters, and top 3 finishers in each age group. Finishers medals given to participants who complete the course within the 4 hour time limit.

**5K** - Awards for overall male/female. Ribbons for top 3 in age groups & finishers medals.

**Registration:** Early bird registration (before Aug. 1) \$40/20(5K), after Aug 1 \$50/25(5K). Online registration available until Aug. 19 at Race-it.com. Checks payable to Howard's 25K Run. Mail to: Howards 25K Run, PO Box 5244, Cresaptown MD 21505.



**Howard and The Lucky 33:** On June 13, 2014 thirty three dogs were rescued from the basement of an abandoned home in Cumberland. The animals were found in various states of neglect and most were afraid of humans. Howard was one of the early adoptees and gained much notoriety in the Wahl Dirty Dogs contest, taking second place.

NAME: \_\_\_\_\_ SEX: \_\_\_\_ AGE: \_\_\_\_\_

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

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

EMAIL: \_\_\_\_\_ PHONE: \_\_\_\_\_

CLUB AFFILIATION (IF ANY): \_\_\_\_\_

25K \_\_\_\_ 5K \_\_\_\_ Pre-Race Dinner(\$10)\_\_\_\_ SHIRT SIZE: S M L XL XXL

PREFERRED PACKET PICK UP: SAT 4-7PM SUN 5-6AM

I hereby release from liability the City of Frostburg, the City of Cumberland, Allegany County, Queen City Striders, all sponsors, race officials, and anyone connected in anyway with the 2016 ACAS Howard's 25K Run for any ailment or injury associated with participating in the above stated race. I further state that I am aware this race is a strenuous activity, and that I have prepared properly to participate in it.

Signature of runner or parent/guardian if runner is under 18

Date

