



2nd Annual Dragon Dash

5K Run/1 1/2 Mile Walk/ Kid Fun Run

Saturday, April 25, 2015

Rocky Gap State Park



Course: The course will be located on Pleasant Valley Road. It will begin and end at the Main Ranger Station between the beaches. Awards and registration will be held at the Mountain View Pavilion . (Rocky Gap is located approx. 10 miles east of Cumberland, MD, just off Interstate 68.)

Age Groups: 10 and under; 11-14, 15-19; 20-29; 30-39; 40-49; 50-64; 65 and over

Awards: Overall male and female 5K; Top finisher per age/ gender group 5K; Ribbons to all Kid Fun Run participants

Entry Fee: \$20.00 5K/1 1/2 mile walk; \$10.00 Kid Fun Run (if post marked by April 1st)
\$25.00 5K/1 1/2 mile walk; \$15.00 Kid Fun Run (on race day)
(\*T-shirt for pre-registered participants only)

Checks payable to: West Side Elementary

Schedule: Registration opens at 7:45 a.m.
5k/1 1/2 mile walk 9:00 a.m.
Kids Fun Run Conclusion of 5K race/ 1 1/2 mile walk
Awards Conclusion of Kid Fun Run

Mail to: Betsy Green Questions: Call or email Betsy at 301-707-0481 or
11306 Upper George's Creek Rd SW betsy.green@acps.k12.md.us
Frostburg Md. 21532

\*\* All Participants are encouraged to wear red and dress in dragon attire. \*\*

The West Side Elementary Chinese Immersion Program thanks you for your support!

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Name: \_\_\_\_\_ Age: \_\_\_\_\_ (race day) Gender: M / F
Address: \_\_\_\_\_ (city) \_\_\_\_\_ (state) \_\_\_\_\_ (zip) Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_
Email: \_\_\_\_\_

Event: 5K \_\_\_\_\_ 1 1/2 mile walk \_\_\_\_\_ Kid Fun Run \_\_\_\_\_
T- Shirt size: (please circle) Youth \_\_\_\_\_ S M L Adult \_\_\_\_\_ S M L XL XXL

X \_\_\_\_\_ X \_\_\_\_\_
Signature Parent/Guardian (if under 18)

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, and effects of weather, road and traffic conditions, and these risks being unknown and appreciated by me. Having read this waiver release and considering the acceptance of my application, I for myself and anyone entitled to act on my behalf, waive and release West Side School, Queen City Striders, Road Runners Club of America, all sponsors and hosts and their representatives and successors from any claim of liability arising from my involvement in this event. I do hereby consent to the use of my name and/or photograph in connection with publicity about the race.