



Queen City Striders and Cindy's Fund Present:  
 The Deep Creek Lake Loop 10 mile/5K/1 Mile Walk  
 Saturday, May 21, 2016 at Deep Creek State Park  
 Registration: 7:00-8:15 Start: 8:30 (10 mile) 9:00 (5K/1 Mile)  
 \*\*The state park will be charging \$3 per car to enter the park.\*\*  
 Presented by QCS and Cindy's Fund with Proceeds Benefiting Cindy's Fund

**Course:** **10 Mile:** A looped route starting and ending in Deep Creek State Park. Participants will be running on State Park Rd (in beginning and end), Rock Lodge Rd, Rt. 219, and Glendale Rd. Route also goes over Rt. 219 and Glendale Bridges.

**5K:** Challenging route starting and ending in Deep Creek State Park – includes road and trail.

**1 Mile Walk:** Route will be in Deep Creek State Park.

**Awards:** \$25 to first male and female runner of 5K; \$100 to first male and female runner of 10 mile. Non-cash awards will be given to the top two male and female runners in each age group (10 mile and 5K): 15 & under; 16–19; 20–29; 30–39; 40–49; 50–59; 60 & over. The top two male and female walkers will also receive awards. *No duplication of awards.*

**Registration:** Register by May 7, 2016. Race fee includes New Balance Tech t-shirt (male and female cuts). Upgrade to a hooded sweatshirt (cotton blend, unisex) for additional \$15. Receive the hooded sweatshirt AND Tech t-shirt for an additional \$25. The \$15 upgrade for sweatshirt and the \$25 to receive the sweatshirt & tech t-shirt is in addition to the race registration fee and only available for pre-registration.  
 10 Mile: \$40 if pre-registered, \$50 after May 7<sup>th</sup> and on race day; male cut t-shirt while supplies last.  
 5K/1 Mile: \$20 if pre-registered, \$25 after May 7<sup>th</sup> and on race day; male cut t-shirt while supplies last.

**Make checks payable and mail to:** Cindy's Fund  
 P.O. Box 182  
 Oakland MD 21550

**Information:** [www.cindysfund.org](http://www.cindysfund.org)  
 Cindy's Fund on Facebook.com  
 or Kasey at 301-616-0166

**REGISTRATION FORM – PLEASE PRINT and mail along with a check by May 1, 2016.**

Name: \_\_\_\_\_ Age on 5/07/2016 \_\_\_\_\_ Sex: Male \_\_\_\_\_ Female \_\_\_\_\_  
 Address: \_\_\_\_\_ Phone: \_\_\_\_ - \_\_\_\_ - \_\_\_\_  
 E-mail: \_\_\_\_\_

**Race:** 10 Mile Run: \_\_\_ 5K Run: \_\_\_ 1 mile walk: \_\_\_ **Shirt:** Cut will go by gender unless specified S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ XXL \_\_\_ (\$2 extra for XXL) hooded sweatshirt (unisex cotton) additional \$15: S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ XXL \_\_\_ (\$2 extra for XXL)

Release: For and in consideration of my participation in the 5<sup>th</sup> Annual Cindy's Fund Race 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 organizing committee, Cindy's Fund, RRCA, Queen City Striders and all sponsors; their officers, servants, agents and employees of said organizations and volunteers associated with Cindy's Fund, jointly and severally, and to hold and save harmless from and against any and all actions, claims, demands, judgments, liabilities, suits, loss, damage, or expense of whatever 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) the aforesaid competition. I do hereby consent to the use of my name and/or photograph in connection with publicity about the race. **HEADPHONES ARE NOT RECOMMENDED**

X \_\_\_\_\_ X \_\_\_\_\_  
 Signature of Participant Signature of Parent/Guardian (If under 18)

Additional details and activities will be posted on the Queen City Striders & Tri State RUNNER Web sites.