

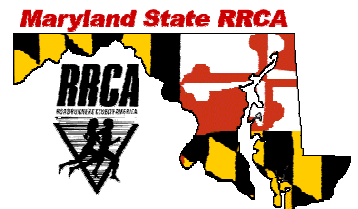


Saturday, October 4, 2014, 8 a.m., 15K and 5K in Cumberland, MD

Come run your fastest 15K ever. And quite possibly a 10K PR as well, on the way, in this Western Maryland tradition now in its 33rd year. Runners are bused from downtown Cumberland to the start in Mount Savage. Course is point-to-point with a nearly uniform elevation drop of 475 feet in the first 10K. The leaves are changing as you run a gradual downhill, through the Narrows, and into historic Cumberland. Race has served as Maryland RRCA State 15K Championship race for several years. **USATF Certificate MD11011JS.** Races utilize T.R.A.C. Services, LLC, www.tracservicesllc.com

5K is flat & fast! The 5K is an out-and-back course in Cumberland. Awards in each race will be to top three overall and in 10-year increment age groups. **USATF Certificate MD11012JS.** Finish of both races is on the Downtown Mall, with bountiful post-race refreshments.

Win With Wellness Walk will be held in partnership with Western Maryland Health System. This event will also be on the downtown mall. There is no fee for this but registration is required. Contact nforlifer@wmhs.com. You may enter here and receive a GAR t-shirt for \$10.



Whatever event, entry includes GAR apparel to all entrants. Race is also run in conjunction with downtown festivities and bountiful refreshments. There is also a "Little Allegany Run," with no entry fee. With ribbons and treats to all, and same finish line the runners use.

REGISTRATION AND PACKET PICK-UP

Fee: 15K - \$25; 5K - Normal \$25, Students 19 & Under - \$15; \$30 after Sept. 24. Make check payable to Queen City Striders/GAR. Application on back.

Packet Pick-Up and Late Registration will be at the Holiday Inn in Cumberland, 5-9 p.m. Friday evening, and 6-7 a.m. on Saturday (5K will extend to 7:30 a.m. on Saturday). No registration or packet pick-up at start lines.

Transportation to the 15K Starting Line will be provided from the Holiday Inn. **Last bus departs at approx. 7:15 a.m.**

Additional Information: Dave Treber, 240 Armstrong Avenue, Frostburg, MD 21532, Phone 301/687-0644; E-Mail: davetreber@hotmail.com; www.qcstriders.org

Race Proceeds: Social service programs of the Cumberland YMCA.





Join us in 2014, our 33rd running of this Western Maryland tradition.
MAIL TO: Great Allegany Run, c/o Queen City Striders, P.O. Box 36, Cumberland, MD 21501

LAST NAME _____ FIRST NAME _____
ADDRESS _____ PHONE NO. _____
CITY _____ STATE _____ ZIP _____
SEX _____ AGE (AS OF 10/4/14) _____ T-SHIRT SIZE (CIRCLE ONE) – Regular Cut XS • S • M • L • XL • XXL
Shirts are all of moisture-wicking material, may be limited on day-of-signup, Women's fit XS • S • M • L • XL • XXL

E-MAIL _____

(Note – you are not required to include an e-mail but it does ensure that you receive pre-race map and post-race link to newspaper article, photos, and results. Your e-mail will not be used for anything but the GAR.)

PLEASE CIRCLE APPROPRIATE CATEGORY(IES): 15K • 5K • 1 MILE WALK (this event is free or \$10 for t-shirt)

RUNNING CLUB or GROUP NAME, if relevant _____

RELEASE: For and in consideration of my participation in the Great Allegany Run 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 Run Organizing Committee, The Mayor and City Council of Cumberland, Allegany County, Queen City Striders, T.R.A.C. Services, LLC, Downtown Development Commission, Downtown Cumberland Business Association, RRCA, USAT&F, and all sponsors; their officers, servants, agents and employees of said organizations, and volunteers associated with the Great Allegany Run, jointly and severally, and to hold and save harmless from and against any and all actions, claims, demands, judgements, liabilities, suits, loss, damage, or expense of whatever kind and 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) for the aforesaid competition.

Athlete Signature (Parent/Guardian must sign for Runners under 18) _____

REPRODUCTIONS OF THIS APPLICATION FORM ARE ACCEPTABLE

***Thank you to Great Allegany Run primary sponsors:
Phenix Technologies, Western Maryland Health System and City of Cumberland***