



Saturday, October 3, 2015, 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 34th 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. **USATF Certificate MD11011JS.** Starting this year, the Great Allegany Run will be conducted in partnership between the Queen City Striders and RacePacket. This includes all scoring and race management services. You will find that the GAR remains as it has since it started, a low-key but well-run event, worth the trip whether you are coming from throughout the Mid-Atlantic or from right around the corner.

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.

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 - \$30; 5K - Normal \$30, Students 19 & Under - \$20; \$35 after Sept. 23. Make check payable to RacePacket/GAR. Application on back.

Packet Pick-Up and Late Registration will be at the Ramada 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: Bob Platt, RacePacket, E-Mail: bob@racepacket.com; or www.qcstriders.org **Race Proceeds:** Social service programs of the Cumberland YMCA.



FREE

racePacket



Join us in 2015, our 34th running of this Western Maryland tradition.
MAIL TO: Great Allegheny Run, c/o RacePacket, PO Box 25094, Arlington, VA 22202

LAST NAME _____ FIRST NAME _____
ADDRESS _____ PHONE NO. _____
CITY _____ STATE _____ ZIP _____
SEX _____ AGE (AS OF 10/3/15) _____ 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

RUNNING CLUB or GROUP NAME, if relevant _____

RELEASE: For and in consideration of my participation in the Great Allegheny 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, RacePacket, 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 Allegheny 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, Queen City Striders, RacePacket and City of Cumberland***