



**2nd Annual CF Warrior Run presented by QC Striders
5K Run/1 Mile Fun Run/Walk
Saturday May 30, 2020
Bloomington, Md**



Course: The course is located on Savage River Road. It will begin and end at the beginning of Savage River Rd in Bloomington, MD. Awards and registration will be held at the Hav-a-Lot Restaurant (17 Hamill Ave Bloomington, Md 21523), a short walk to the start/finish area.

Parking: Parking is available at the Hav-a-Lot and the lot behind the building.

Age Groups: 10 and under; 11-15, 16-19; 20-29; 30-39; 40-49; 50-59; 60 and over

Awards: Overall male and female 5K; male and female masters; Top finishers per age/gender group in 5K; and Bracelets to all kids 10 and under and plus mile participants

Entry Fee: \$15.00 1 Mile fun run/walk \$20.00 5K if post marked by **May 25th**
\$20.00 1 Mile fun run/walk \$25.00 5K **Race day**
(T-shirt for pre-register and on race day while supplies last.)

Checks payable to: CF Warrior Run – all proceeds go to Cystic Fibrosis Foundation

Schedule:	Registration opens at	8am-8:45am
	5K/1-mile run/walk	9:00am
	Awards	Conclusion of Run and walk

****If poor weather conditions on race day, check your email or QC Striders facebook page for information. Make-up day will be posted.****

Mail to:	Richie Dellinger	Questions: Email Richie at
	422 Greenfield Lane	rich_111_2000@yahoo.com
	Swanton, Md 21561	katie-web@hotmail.com

Our Family and the Cystic Fibrosis Foundation thanks you for your support!

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Name: _____ Age: _____(race day) Gender: M F

Address: _____
City State Zip

Phone:(_____)_____-_____ Email: _____
(To send you next year's application & changes due to inclement weather.)

5K _____ 1 mile run/walk _____

Are you a QC Striders Member? Yes or No

*****COMPLETE THE BACK BY SELECTING A SHIRT SIZE & SIGN THE BACK*****

Below is the signature form of the application. It is below and a large gap, so that papers being printed on double-sided printers can print and the bottom part of paper tears off for both the runner's information and the signature/tee shirt order on the same part of the paper.

Tee shirt size: Adult[S _____ M _____ L _____ XL _____ XXL _____]

**T-shirts will only be available on race day while supplies last.*

X _____

Signature

X _____

Parent/Guardian (if under 18)

Date: _____

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, effects of weather, road and traffic conditions, 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 CR Warrior Run, 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.