



2019



Must be 21 to enter the casino. Please play responsibly, for help visit mdgamblinghelp.org or call 1-800-GAMBLER.

May 11, 2019 @ 8:00am (Same Day Registration from 7:00 – 7:45 am)

Course: Formally the Mental Health Matters Run/Walk, this out and back rail trail course starts and ends at Station Plaza of Canal Place. Run travels up past the Western MD Rail Road Steel Truss Bridge and back. Walk travels almost to Valley St. and back. Awards and refreshments will be at the finish line upon completion of the race.

Age Groups: under 13, 14 - 19, 20 - 29, 30 - 39, 40 - 49, 50 - 59, 60+

Entry Fees:

RUN -> \$20.00 before April 27th, \$25 after April 27th

Under 18: \$18.00

WALK -> \$12.00 before April 27th, \$15 after April 27th

~ Shirts guaranteed to pre-registered and upon availability on race day ~

Checks made payable to:

\*Proceeds to benefit local ALS warriors in need of assistance for home improvements, costs of treatment, etc, or the Washington DC/Maryland/Virginia chapter of the ALS Association.

Mail to:

Megan Mertz
819 National Hwy, Frnt
LaVale, MD 21502

Questions?

(301) 707-1188
meganmertz9@yahoo.com

RUN AWARDS

Top 3 Male & Female Overall Winners will receive CASH!!

1st: \$250

2nd: \$125

3rd: \$75

(Extra \$50 given if you break our course record!)

\*\*Male/Female Masters: NEW SHOES donated by Personal Best Athletics

\*\*Top 3 in each age group

Find us on Facebook: Outrun ALS Run/Walk

Male Course Record: Woody Snoberger, 26:22 (2017)

Female Course Record: Lina Lauritsen, 32:57 (2016)

Name: \_\_\_\_\_ Age on race day: \_\_\_\_\_ M or F

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ 5 Mile Run \_\_\_\_\_ 1 Mile Walk \_\_\_\_\_

Email: \_\_\_\_\_

Shirt Size: S M L XL XXL

Waiver and Release: I have trained for this event and I am physically able to participate in this event. Therefore, I release and waive all rights and claims for damages I may have against the Queen City Striders, RRCA, property owners, the City of Cumberland, all sponsors, race officials, volunteers, participants, or anyone connected in any way with this event. I do here consent to the use of my name and or photo in connection with publicity about the race.

Signature

Parent/Guardian if under 18.