

34th ANNUAL " FOREST OF NEEDWOOD"
"JENNIFER SHAFER ODOM MEMORIAL RUN"
STEEPLECHASERS GRAND PRIX EVENT
5 MILE ROAD RACE

This event honors a true American Hero Jennifer Shafer Odom. She gave her life in the service of our country. This race supports a scholarship fund in her honor.

SATURDAY MARCH 12th, 2016 (snow date Sat. Mar. 19th)

Sponsors: Brunswick Area Recreation Council (BARC) – Express Run Club

Date & Time: Sat. March 12th, 2016 1 pm (snow date Mar. 21st)

Location: St. Mary Catholic Church, 4231 Catholic Church Road, Petersville, MD 21758
From Frederick take 340 west to Rt. 180 exit . Turn left onto Rt. 180. Turn right onto Catholic Church Road. **(this is not a mailing address, mailing address is listed below)**

Course Description: 5 mi. Loop, rolling hills on paved roads.

Course Records: Male: Tom Nave 25:52 (1989)
Female: Laura Nelson 29:48 (1995)

Registration & Fee: Early Registration: \$20 (postmarked March 9th)
Race Day: \$30 (open at 11:30 am)
Youth 18 & under: \$10 early / \$15 race day

Awards: 1st & 2nd Place Plaque Male / Female (19 & over)
1st & 2nd Place Plaque Male / Female (youth 18 & under)
Age Group Medals 1st & 2nd each group ages 12 thru 70 & over
\$50 Cash to course record breaker male / female

Shirts & Prizes: NEEDWOOD T-SHIRT GUARENTEED TO ALL **PRE-REGISTERED** RUNNERS.
Fun random prizes drawn.

NAME: _____ AGE: _____ GENDER: M F

SHIRT SIZE: S M L XL

STREET ADDRESS: _____

TOWN: _____ STATE: _____ ZIP: _____

PHONE #: _____ E-MAIL: print _____

Make Checks Payable To: EXPRESS RUNNING CLUB

Mail To: Lee Zumbach, 1019 Gristmill Ct. Knoxville, MD 21758 Phone: 301-834-8045

Waiver: ___ Check this box if the participant registered above has a known medical condition about which we should be aware. By signature below, I acknowledge that there are inherent risks and dangers associated with recreation events and the Forest of Needwood Race. Therefore, I hold the County Council & County Executive of Frederick County Maryland, and their designated agents, and the Brunswick Area Recreation Council, Express Running Club, Frederick Steeplechasers Running Club and St. Mary Catholic Church, harmless from all claims for injuries, damages or loss which may result from my or my child's participation in this event:

ATHLETE'S SIGNATURE: (PARENT IF UNDER 18) _____