

POINT OF ROCKS
CATOCTIN 5 & 10K
C&O CANAL TOWPATH



Point of Rocks - Catoctin 5 & 10K Run - 2011

Sat., Sept 24th - 9:00 AM Race Start

Location: C&O Canal National Historical Park – Mile 48 at Point of Rocks
 Parking at 3729 Clay St. (Rt 28) Point of Rocks, MD 21777
 14 mi. south of Frederick, MD / 11 mi. north of Leesburg, VA, Just south of Rt#28/Rt#15
 Park is adjacent to “Art at The Point” Outdoor Festival - Stick around for Fine Art & Music

Schedule

7:30 - 8:30 am - Registration
9:00 am - Race Start

Award Structure - Medals

10K: Overall Female/Male , Masters Female/Male >50, Youngest Runner, Fastest 3 by age & sex: <19, 20s, 30s, 40s, 50s, 60+

5K: Medals for 10 fastest runners, regardless of age

*While we wait for results - 40+ door prizes drawn by run/walkers present.

The Course

Historic C&O Canal National Historical Park Towpath – starts at the new boat ramp, runs west on the towpath 5 (or 2 ½ Kilometers) to turnarounds & back to the start. Course is on varied stone to dirt surface, and does not enter vehicle traffic at any time. **NO** bicycles, wheelchairs, skates, pets strollers, baby joggers, headsets, during the race.



Timing / Results—Race entries will be officially timed by the Frederick Steeplechasers Running Club & reported within a few days www.steeplechasers.org

General Information

- One entry form for each runner, must be signed
- Ample free parking & Restrooms will be available
- Water, coffee, bagels, & bananas for all entries
- Refreshments will be on sale in the Art Festival grounds.



Entry Fees: Same day entries close 8:30 am

\$ 20.00 postmark by Sept 10th

& receive a Commemorative T-shirt

\$ 25.00 thereafter - Shirts will be not be available

ALL ENTRY FEES WILL BE TAX-DEDUCTIBLE

WHEN CHECKS PAYABLE TO:

COMMUNITY FOUNDATION OF FREDERICK CO.

WITH NOTATION:

“C&O CANAL CURRENT INITIATIVES FUND”

Organizer: **Point of Rocks Ruritan Club, Inc.**



Phone: **301-834-9907** Pepper Scotto, Race Director
 cell: **301-788-2531** CatoctinKey@gmail.com

www.PointofRocks.org

ENTRY FORM 9/24/11 POINT OF ROCKS - CATOCTIN 5 & 10 K RUN [PRE-REGISTER CLOSE: 9/10/11](#)

Ck#	Date:	Amt: Paid \$	related entry #s:	Name:	#: to be assigned
Sex: <input type="checkbox"/> M, <input type="checkbox"/> F	If < 19, what is birth date?			Mail Addr:	I am with:
Race: <input type="checkbox"/> 10k <input type="checkbox"/> 5K	regardless of age			City:	State: Zip:
T-Shirt: Adult <input type="checkbox"/> S, <input type="checkbox"/> M, <input type="checkbox"/> L, <input type="checkbox"/> XL	Only if pre-registered by: Sept 10th			Phone:	
10K age: <input type="checkbox"/> 19 & under, <input type="checkbox"/> 20s, <input type="checkbox"/> 30s, <input type="checkbox"/> 40s, <input type="checkbox"/> 50s, <input type="checkbox"/> 60 over				EMAIL:	

Check here if you want **your entry fees to kept by** in the event of cancellation due to extreme weather (Thunder, Lightning, or Floods) by the **COMMUNITY FOUNDATION OF FREDERICK COUNTY – C&O CANAL CURRENT INITIATIVES FUND**
 A non-profit 501(c)3 charitable organization for the purpose of short-term projects benefiting Frederick Co.’s portion of the C&O Canal NHP.

<p>PLEASE PRINT CLEARLY Unsigned/Illegible/Incomplete = rejection</p> <p>Mail Entry Form with Full Entry Fee to: Point of Rocks Ruritan Club, Inc. P.O. Box 135 Point of Rocks, MD 21777 Checks made payable directly to: Community Foundation of Fred. Co. with notation: C&O Canal Current Initiatives</p>	<p>I know that running is a potentially hazardous activity. I should not enter and run in the race unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely compete in the run. I assume all risks associated with running including, but not limited to, falls, weather conditions, contact with other participants, and the effects of the road and traffic on the course, all such risk being known and appreciated by me.</p> <p>Having read this waiver and knowing these facts, I, for myself and anyone entitled to act on my behalf, waive and release the Point of Rocks Ruritan Club and the Frederick Steeplechasers Running Club, plus all event partners, sponsors, and volunteers, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in this race even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. Further I grant permissions to all of the foregoing to use any photographs, motion pictures, or any other record of this event for any legitimate purpose without compensation to me.</p> <p><input checked="" type="checkbox"/> _____ Parent/Guardian _____ Date: _____</p> <p>Signature (mandatory) Must also be signed by parent/guardian if under age 18:</p>
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