

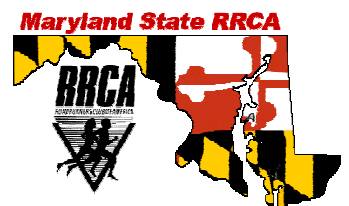


2010 marks the 29th running of a great tradition in Western Maryland.
October 2, 2010, 8 a.m., 15K and 5K in Cumberland, MD

Come run your fastest 15K ever. And quite possibly a 10K PR as well. Runners are bused from downtown Cumberland to the start in Mount Savage. RRCA-sanctioned USATF-certified 15K 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. We'll have a party waiting for you on the downtown Mall after you finish! Awards and door prizes are generous, with age group awards in 5 year increment age groups. Race has served as Maryland RRCA State 15K Championship race for several years.

5K is flat & fast! The 5K (USATF certified) is a modified out and back course in Cumberland. 5K ends at the 15K finish line. Awards will be to top three overall and in 5-year increment age groups. Various special overall prizes will be awarded for running club participation (other than QCS); youngest and oldest overall, etc. **2-mile YMCA fitness walk.** Walk the first mile of the Great Allegheny Passage and back and join the festivities nearby on the Downtown Mall, with bountiful post-race refreshments.

Whatever event, the GAR offers custom-designed technical shirts to all entrants. Race is also run in conjunction with downtown festivities, including live bands and dining options. 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 - \$18; 5K - Normal \$18, Students 19 & Under - \$12; 2 Mile Walk - Normal \$18, Students 19 & Under - \$12. \$22 after Sept. 26. Make check payable to Great Allegheny Run. Application on back.

Packet Pick-Up and Late Registration will be at the Holiday Inn in Cumberland, 5-9 p.m. Friday evening, and 6-7 a.m. on Saturday (5K and 2 Mile Walk 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: Dave Treber, 240 Armstrong Avenue, Frostburg, MD 21532, Phone 301/687-0644; E-Mail: dtreber@frostburg.edu; www.qcstriders.org

Race Proceeds: Social service programs of the Cumberland YMCA.





Join us in 2010, our 29th running of this Western Maryland tradition.
MAIL TO: Great Allegany Run, c/o Queen City Striders, P.O. Box 36, Cumberland, MD 21501

LAST NAME _____ FIRST NAME _____
ADDRESS _____ PHONE NO. _____
CITY _____ STATE _____ ZIP _____
SEX _____ AGE (AS OF 10/2/10) _____ T-SHIRT SIZE (CIRCLE ONE) - S • M • L • XL • XXL
(Shirts tend to run slightly larger than your normal size). Heavy-weight division (185+) for awards? _____

PLEASE CIRCLE APPROPRIATE CATEGORY(IES): 15K • 5K • 2 MILE WALK

RUNNING CLUB NAME _____

RELEASE: For and in consideration of my participation in the Great Allegany 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, 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 Allegany 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: City of Cumberland; Trozzo, Lowery, Weston & Rock; McDonald's; Dr. Diane D. Romaine & Associates; AES Warrior Run; Joe's Viaduct Restaurant; and Braddock Medical Group.