

GCSC Presents 10th Annual Lisa Wade 5K Run / 3rd Annual Corey's Course

Saturday, July 10th, 2010

Time and Place

The 10th Annual Lisa Wade Memorial 5-K Run, 1.5 mile Fun Run/Walk and 1.5 Mile "Corey's Course" will be held on Saturday, July 10th, beginning at 8:30am in Westernport, MD

Fun Run / Walk

A 1.5 mile fun run / walk through the town

Corey's Course

A 15 minute "handicap friendly" walking course, in memory of Lisa's cousin, Corey Broadwater. This is a timed event.



*****Early Sign-up Special for Families***
 2 for \$24.00—3 for \$35.00—4 for \$46.00
 5 for \$57.00—Over 6—\$68.00**

Awards

All Registered runners will receive a beautifully designed t-shirt. Mugs will be presented to the top 3 finishers in each age division. The top male and female overall winner will receive a Jacket along with a special gift.

Age Groups

Runners will compete in the following age classifications.

	Men/	Women
9 and under	25-29	45-49
10-14	30-34	50-59
15-19	35-39	60-70
20-24	40-44	70 and up

Registration

Entrants should pre-register by mail prior to the July 4th deadline. Fee is \$13.00. Checks should be made payable to: The Georges Creek Soccer Club. Entries postmarked after 7/4 will be charged \$15.00. Race day registration will be held from 7:00 to 8:15 at the pavilion at Creekside Park.

General Information

Splits will be given at 1 and 2 miles. Water will be available along the course. Water and soft drinks along with other liquid refreshments will be available at the finish at Creekside Park



After the Race

After the awards are presented there will be refreshments available. There will also be a drawing for some very nice door prizes, and you must be present to win.

Course

The race will begin on Rt. 36 approximately 100 yards from the Westernport American Legion and Creekside Park. The course will continue across the iron bridge from Waverly Street over to Main Street and through the town of Westernport. From Westernport the race will proceed along Rt.36 north to Franklin. At Franklin the course follows old Rt. 36 south, back to Westernport and Creekside Park.

Maryland State RRCA



Course Records

Jaron Hawkins(2008)(15:15), Maureen Hall(18:56) Masters;

Dennis Mickey(2009)((17:07), Maureen Hall(19:34) *\$100.00 will be awarded to any course record that is broken. Jackpot will grow by \$50.00 each year until new course record is established. 2010 will pay \$100.00 Male Masters \$200 Female Masters &Overall Female—\$150.00 Male Overall record breakers.**

Lisa Wade 5K Run / Corey's Course

Name (Please Print) _____

Age _____ 5-K Run _____ 1.5 Mile Fun Run _____ Corey's Course _____

Address _____ Sex M F

City, State _____ Zip Code _____

Phone # _____ Shirt Size—Short Sleeve ___ Sleeveless ___ S M L XL XXL (add \$2.00)

*Shirts are available in short sleeve & sleeveless. Preregister to assure your size and style choice. On race day size/style available On a first come basis.

Youth Sizes (Short Sleeve Only) S(4-6) M(10-12) L(14-16) Limited Availability

Waiver of Liability

I hereby release from liability The Georges Creek Soccer Club and The Town Of Westernport, all sponsors, race officials, and anyone connected in anyway with The 2010 Lisa Wade Memorial 5-K Run for any injury or ailment resulting from my participation in the above stated race. I further state that I am aware this race is a strenuous activity, and that I have prepared properly for my participation in it.

Entry fee is \$13.00. Entry Fee is \$15.00 if not postmarked by July 4th, 2010.

Make checks payable to; The Georges Creek Soccer Club, C/O Steve Amann, 483 Walnut St. Westernport, Maryland, 21562

Phone; 301-359-0042

Cell; 301-707-9641

 Signature of runner or parent if runner is under 18 years of age.