



# Catch Me If You Can\*

*\*The ladies are encouraged to run in skirts and have a 4 minute head start*

## A Chase Around Lake Habeeb at Rocky Gap State Park Saturday, May 1, 2010 at 9:00 am

### Proceeds to benefit Allegany County Habitat for Humanity

**THE COURSE:** Your choice of either a 5 or 10 mile trail run around Lake Habeeb, Rocky Gap State Park, Cumberland, Maryland. A 2 mile walk will begin and end at the start line.

**ENTRY FEE:** 5 mile run is \$17.00 and 10 mile run is \$20.00 on or before April 1, 2010. Only those female runners pre-registered will receive a running skirt. Registration postmarked after April 1, will be \$22.00. The 2 mile walk is \$12.00 and there is no late fee for the walk. T-shirts to all pre-registered male runners and all walkers, and while supplies last on race day.

**AWARDS:** Cash prizes awarded to male and female overall winners of the 10 mile and male and female overall winners of the 5 mile. Cash prizes awarded to the 5 mile and 10 mile male and female masters. Awards given to the top three finishing runners in the following age groups:  
Women: 14 & under, 15 - 19, 20 - 24, 25 - 29, 30 - 34, 35 - 39, 40 - 44, 45 - 49, 50 - 54, 55 - 59, 60 & over  
Men: 14 & under, 15 - 19, 20 - 24, 25 - 29, 30 - 34, 35 - 39, 40 - 44, 45 - 49, 50 - 54, 55 - 59, 60 & over

**REGISTRATION:** Registration to be held at Rocky Gap State Park starting at 8:00 am.  
Make checks payable to: Allegany County Habitat for Humanity.  
Mail Entries to: P.O. Box 1503, Cumberland, MD 21502

Name: \_\_\_\_\_ Age on 5/1/2010: \_\_\_\_\_ Sex: Male/Female \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_ Skirt Size: See sizing chart below. (circle one) Shirt Size: S M L XL (circle one)  
5 mile loop \_\_\_\_\_ 2, 5 mile loops \_\_\_\_\_ Walk \_\_\_\_\_



**Waiver of Liability**  
I hereby release from liability Race Directors, Allegany County Habitat for Humanity, Queen City Striders, RRCA, Sponsors, race officials, Rocky Gap State Park and anyone connected in anyway with "Catch Me If You Can" for any injury or ailment resulting from my participation in the above stated race. I further state that I am aware that this race is a strenuous activity, and I have prepared properly for my participation in it.



Signature of runner or parents if runner is under 18 years of age. \_\_\_\_\_  
Date: \_\_\_\_\_

### Running Skirt Sizing Chart

	Size 0	Size 1	Size 2	Size 3	Size 4	Size 5	Size 6
Length	11.5 - 13"	12 - 13.25"	12.5 - 14"	13 - 14.25"	13.5 - 15"	14 - 15.25"	14.25 - 16"
Waist Measurements (inches)	22 - 24"	25 - 26"	27 - 28"	29 - 30"	31 - 33"	34 - 36"	38 - 40"
Women's Pants Size	teen (12-16)	wms 0-2	wms 4-6	wms 8	wms 10-12	wms 14	wms 16-18