





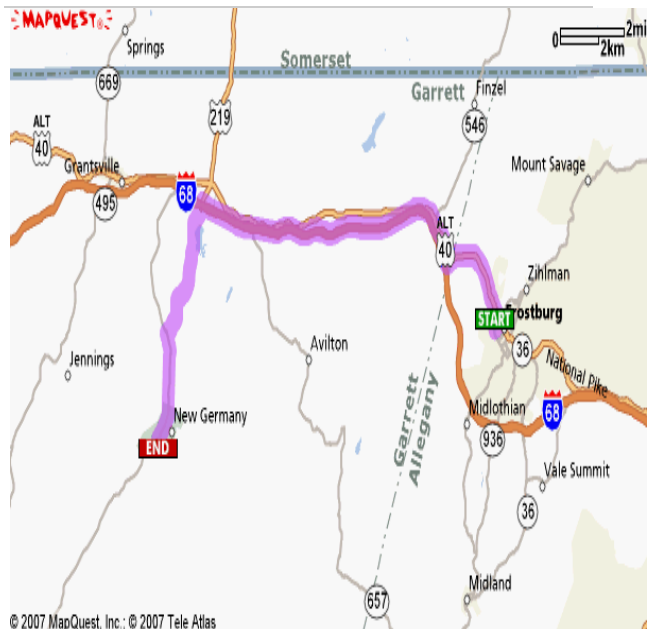


Directions to New Germany State Park – Grantsville, MD

	5: Merge onto I-68 W / US-40 W.	-- miles
	6: Take the US-219 N exit- EXIT 22-	0.6 miles
	7: Turn LEFT onto CHESTNUT RIDGE RD / US-219. Continue to follow CHESTNUT RIDGE RD.	2.6 miles
	8: Turn LEFT onto NEW GERMANY RD.	1.9 miles
	9: Turn LEFT onto PARK ROAD FOLLOW PARKING SIGNS	<0.1 miles
	10: End at New Germany State Park: 349 Headquarters Ln, Grantsville, MD 21536, US	



Katie's 5k

Race

& 1 Mile Walk/Run



New Germany
State Park
Grantsville, Maryland

Scenic – Trail / Park Road Run
Refreshments – Fruit – Snacks
Post Race

Saturday
June 6, 2009
9:00 AM

SPONSORS:



Transplant
Resource
Center
of Maryland



www.qcstriders.org/



Why Do I Run?
The aches, the pains,
The pouring rain.
Up at the crack of dawn.
The gasping breaths.
The glory.
I run because I love it!
Katie DeRosa - 13

Katie, 13 years of age, died August 15, 1998, after being struck by a speeding car while running and training for her freshman year of cross-country. Katie is the daughter of Norm and Patty DeRosa and the sister of brothers Matt and Chris, and her beloved sister Emily. Katie always ran hard. Of course, Katie always gave her "all" in everything she did. Katie was an honor student, an accomplished violinist, an award winning writer, a distinguished and recognized runner, and most importantly, Katie was a kind and loving daughter, sister, grandchild, cousin, niece, godchild, friend, neighbor, citizen, budding humorist, and spiritual being. Katie was also an organ donor. Katie gave the gift of life by donating six organs and gave renewed life to five people. It has been a source of peace for us knowing that Katie has made a difference in the lives of five families. Written by Carol Payto (Katie's aunt)

Proceeds: Proceeds sponsor a \$500 male & \$500 female local distance runner with a college scholarship in Katie's memory & The QCS Running Club Activities.

Prizes: Handcrafted awards from Penn Alps Artisan Village to all age group Winners and Special Awards in the Run, Walk, & Medals for Kids Run. Great random drawing prizes!

7:30 – 8:45

Packet pick-up and Registration is at the Lake House, New Germany State Park.

9:00 – Race Start Time

All Runners & Walkers

Information:

Patty & Norm DeRosa 301-689-6101

Email: nderosa57@hotmail.com

OCS at: <http://www.acstriders.org/>

ENTRY: Katie's 5K Race & 1 mi.

Please Check, 5Km: _____; 1 Mi.: _____ W/R

Name _____

Address _____

Email: _____

Phone: _____

T-shirt Size: S M L XL

_____ Female

_____ Male

Age on Race Day _____

Waiver: I have trained for this event and release and waive all rights and claims for damages I may have against Queen City Striders and their volunteers in participation of this event.

Signature: _____

Date: _____

Of Parent if under 18 years of age _____

____ DONOR

____ RECIPIENT

*Pre-registration \$12.00

(Received By: Tuesday, June 3, 2008)

*Students \$8.00

*Race Day \$15.00

T-shirts are guaranteed to the first 100 entries

Mail form and entry fee to:

P.O. Box 36

Cumberland, MD, 21502

Payable to: Queen City Striders

(Or, Enter Race Day)