



**Garrett Trails Open  
at Kendall Camp  
5 Mile Run – 2 Mile Walk  
Friendsville, MD  
Saturday, Aug. 22, 2009, at 5:00 p.m.**



Presented by: Garrett County Chamber of Commerce,  
Adventure Sports Center International (ASCI) and Garrett College  
**Proceeds to benefit the Garrett Trails**



**Course:** The 5 Mile run is an out and back course beginning at Friendsville Town Park, proceeding through Friendsville then onto the Kendall Camp Trail adjacent to the Yough River, to Kendall Camp and back. The 2 mile walk course is out and back and begins and ends at the Friendsville Town Park. The marked and measured courses are on paved streets for .5 miles then onto the scenic Kendall Trail (a former logging railroad bed) along the scenic Youghiogheny River.

**Awards:** \$50 cash prize to overall first male and female runner  
Non-cash awards will be given to the top two male and female runners, in each age group:  
15 & under; 16–19; 20–29; 30–39; 40–49; 50–59; 60 & over  
The top three male and female walkers will also receive awards *No duplication of awards*

**Events:** **The race corresponds with the Youghiogheny River Festival featuring live music, food, artisans, educational and family activities.**

**Registration:** \$15.00 if received by August. 7th, 2009. All pre registered will receive a race T-shirt. T-shirts provided for race day registration while supply the lasts (\$2.00 extra for XXL). \$25.00 late registration after August 1st and day of race. The registration fee includes entry into fee for the festival.

**Make checks payable to:** Garrett Trails

**Mail to:** Bob Stephens,  
205 Fibwee Lane  
Mt. Lake Park, MD 21550

**Information:** Bob Stephens @ 301-616-6300



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(Please complete, sign and return bottom portion with registration fee)  
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**REGISTRATION FORM – PLEASE PRINT**

Name: \_\_\_\_\_ Age on 8/22/09 \_\_\_\_\_ Sex: Male \_\_\_\_\_ Female \_\_\_\_\_

Address: \_\_\_\_\_  
STREET CITY STATE ZIP CODE

T-shirt (circle one): S M L XL XXL (\$2 extra) 5k run: \_\_\_\_\_ 2 mile walk: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

**Release:**  
For and in consideration of my participation in the Race for Recovery 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 organizing committee, Garrett Recreational Trails, ASCI, RRCA, Queen City Striders and all sponsors; their officers, servants, agents and employees of said organizations and volunteers associated with the Race for Recovery, jointly and severally, and to hold and save harmless from and against any and all actions, claims, demands, judgments, liabilities, suits, loss, damage, or expense of whatever 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) the aforesaid competition. I do hereby consent to the use of my name and/or photograph in connection with publicity about the race.

X \_\_\_\_\_ X \_\_\_\_\_  
Signature of Participant Signature of Parent/Guardian (If under 18)  
Additional details and activities will be posted on the Queen City Striders Web site.