



Sunday, November 2, 2014
Canal Parkway -- Cumberland, Maryland
PRESENTED BY T.R.A.C. SERVICES, LLC

Supporting Bishop Walsh School Athletic Association (BWAA) -- Cross Country & Track Teams

THE COURSE: Half marathon is an out and back course on the Great Allegheny Passage (G.A.P.) Soft surface trail with a slight incline in the first 6 miles and a 3% descending grade in the second half. Race starts and finishes at Canal Place. Four hour time limit (race cutoff time is 12 Noon). **NOTE: Relay teams must provide own transportation to Cash Valley Road and walk to split point.**

TIME: Half – 8:00am start; Packet pick up will be held the morning of the race from 6:30am to 7:30am. Packet must be picked up by 7:30am; no race day registration.

RUNNERS: Runners will receive a race shirt, aid station support, post-race food, and finisher's medal.

AWARDS: Cash prize for overall female and male solo finishers, and top relay team. Awards given to the top three finishing solo runners for both genders in the following age groups:
14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60 & over

ENTRY FEE: Solo Runners -- \$45 up thru August 31; \$60 Sept. 1 – Oct. 7; \$75 Oct. 8 – Oct. 31.
2 Person Relay Teams – \$80 up thru August 31; \$110 Sept. 1 – Oct. 7; \$150 Oct. 8 – Oct. 31.
Registration will cutoff on Friday, October 31st.

REGISTRATION: Checks payable to T.R.A.C. Services, LLC; Mail to 11901 Aster Avenue, Cumberland, Maryland, 21502 – online registration at www.active.com.

QUESTIONS: smcquade2040@yahoo.com; 301-729-4737; www.tracservicesllc.com.

Name (relay teams provide both runners' names and a team name): _____

Age on 11/2/14 (solos only): _____ Gender (circle one): Female/Male (info not needed for teams)

Address: _____ City: _____

State: _____ Zip: _____ Phone: _____

Email address: _____

Shirt size (circle one or two sizes for relay teams): Adult: S M L XL Youth: S M L

Waiver of Liability

I know that running a road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals are not allowed in the race and I will abide by all race rules. Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the T.R.A.C. Services, LLC, race directors and volunteers of Western Maryland Highlands Half, the City of Cumberland, Bishop Walsh School, Canal Parkway, C&O Canal Authority, Great Allegheny Passage Authority, Maryland State Police, and the Road Runners Club of America, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature (need both relay members): _____ Date: _____

Parent's Signature if under 18 year: _____ Date: _____