



Springburst 8K
Prince Georges Running Club
Saturday, April 12, 2008, 9:00 am
Greenbelt National Park, Greenbelt, MD



www.pgrc.org

RRCA Grand-Prix Race Series

Entry Fee:
\$20 through March 29
\$25 after March 29
 (\$5 discount for PGRC members)

All Participants Receive:
 Long-sleeved T-shirt
 Refreshments after race

Kids Fun Run: Registration for the free Half Mile Fun Run is race day only.

Awards: Top three finishers overall, top masters (age 40+), and 5- year age groups.

Course: Two loops on paved roads with rolling hills. Start and finish at Sweetgum Picnic Area.

Restrictions/ Rules: No headphones, baby strollers, bikes, in-line skates, or dogs please. Bib number must be displayed on front of runner.

Online Registration: www.signmeupsports.com

Pre-Registration: Mail entry form (postmarked on or before April 5) with check payable to PGRC to: John Giamalva, 7503 Sweetbriar Dr., College Park, MD 20740.

Race-Day Registration and Packet Pick-Up: Registration and packet pick-up from 7:30 to 8:30 a.m. in the parking lot of T.G.I. Fridays, 6460 Capital Drive (across Greenbelt Road from park entrance).

Questions? Call 202-521-1495 or email johngiamalva@gmail.com prior to race day.

Last Name	First Name	Gender (M/F)
Date of Birth (MM/DD/YY)	Age on 4/12/2008	RRCA Club
Address:		
City	State	Zip Code

The following must be signed by the runner (or parent/guardian if under 18):

I know that running is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls; contact with other participants; the effect 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. Having read this waiver and knowing these facts in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Prince George's Running Club, the National Park Service, USA Track and Field, the Road Runners Club of America, and all sponsors, their representatives and successors from all claims of 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.

 Signature (Parent if under 18) _____
 Date