

Market Street Mile

State Grand
Prix Race
<http://www.mdrrca.org>



October 4, 2008

Opening event of Frederick's

"IN THE STREET" Festival

Entry Fee: Postmarked by September 28: \$15.00
Race Day at the Frederick YMCA: \$20.00 (Do not call the YMCA they do not sponsor this race)
You can pre-register on active.com

If you need more information please call Paul Spurrier at 240-409-6913 or email at PLSpurrier@aol.com

Race Information: Point to Point race starting at the YMCA and ending on Carroll Creek. Packet pick up is at the Frederick YMCA. This race is part of the Frederick Steeplechasers Grand Prix Series and the Maryland RRCA Grand Prix Series. **PLEASE NOTE THE NEW START LOCATION.**

Race Schedule:

8:30 -10:15 am Race Day registration
9:30 Corporate Challenge
9:45 Non-Competitive Mile
10:00 Women's Mile (14 and Over)
10:15 Men's Mile (14 and Over)
10:30 Children's Mile (13 and Under)
11:00 Awards Ceremony on the Creek

Last Years Winning Time:

5:18 (Open), 5:46 (Masters)
4:36 (Open), 4:49 (Masters)

Records:

Cassie O'Neil (Open) 4:50
Pazarentzos-Spinnler (Masters) 5:20
Charles Cheruiyot (Open) 3:58
Steve Ruckert (Masters) 4:27

Prizes: Men's, Women's, Men's Masters, and Women's Masters: \$100 for each. **No Duplicate Awards (New Course Record \$150)**

Age Groups: (based on men's, women's, and children's races and not corporate and non-competitive races and number of finishers in the past couple of years)

9 and under, 10 to 13, 14 to 24, 25 to 29, 30 to 34, 35 to 39, 40 to 44,
45 to 49, 50 to 54, 55 to 59, 60 to 69, 70 to 79, and 80 and over

All children under 14 will receive finisher's medals

Race Notes

- Insurance guidelines prohibit headphones and baby joggers.
- All heats will start on or slightly ahead of time.
- You must be present at awards ceremony to receive awards.
- You must be present to receive random prizes.
- T-shirts only guaranteed to the pre-registered runners.
- Showers available at the YMCA with bib number until 12:00 pm race day.

Name: _____ Age on Race Day: _____

Address: _____ Telephone number: _____

City, State, Zip: _____ Sex: _____

Race Heat: _____ Email Address to confirm entry: _____

T-Shirt size: S M L XL RRCA club affiliation: _____ (If none, write none)

Make Checks Payable to: FSRC Mile and Mail to FSRC Mile, 2144 Bristol Dr, Frederick, MD 21702

In consideration of this entry being accepted, I waive all claims for myself and my heirs against organizers, sponsors, and officials of the Market Street Mile for any injuries or damages suffered by me or to my personal property at this race. In the case of a minor, I, his parent or guardian, agree to indemnify and hold harmless race organizers, sponsors, and officials from any and all loss sustained as a result of claims made by my child for any injuries or damages sustained by him/ her or to his personal property at this race.

Signature: _____ Parent or Guardian's signature if under 18 _____