

30th ANNUAL "FOREST OF NEEDWOOD"
"JENNIFER SHAFER ODEM MEMORIAL RUN"
GRAND PRIX EVENT
5 MILE ROAD RACE
SATURDAY MARCH 17TH, 2012

Sponsors: Brunswick Area Rec. Council-Frederick Steeplechasers Running Club **GRAND PRIX EVENT**

Date & Time: Saturday March 17th, 2012, 1 pm

Location: St. Mary's Catholic Church, Petersville, MD
From Frederick: Take 340 West to Rt. 180 exit (app. 10 mi.) Turn left onto Rt. 180. Turn right onto Catholic church Road (app. 2.5 miles) (see map on back)

Course Description: 5 mi. Loop, rolling hills paved roads.

Course Records: Male: Tom Nave 25:52 (1989)
Female: Laura Nelson 29:48 (1995)

Registration & Fee: Early Registration: \$20 (postmarked by March 13th)
Race Day: \$22 (12 noon- 12:45 pm)
Youth 18 & U Rate: \$10 Early / \$15 race day

Awards: 1st & 2nd Place Trophy Male / Female 19 & over
1st & 2nd Place Trophy Male / Female (youth 18 & under)
Age Group Medals 1st & 2nd

Shirts: NEEDWOOD T-SHIRTS TO ALL REGISTRERED RUNNERS (pre-reg guaranteed size)

Random Prizes: Fun random prizes drawn before awards

RACE APPLICATION

NAME: _____ AGE: _____ GENDER: M F

SHIRTS SIZE: S M L XL

STREET ADDRESS: _____

TOWN: _____ STATE: _____ ZIP: _____

PHONE #: _____ E-MAIL: (please print) _____

Make Checks Payable To: **EXPRESS RUNNING CLUB**

MAIL TO: Lee Zumbach, 1019 Gristmill Ct. Knoxville, MD 21758 Phone: 301-834-8045

WAIVER: ____ Check this box if the participant registered above has a known medical condition about which we should be aware. By my signature below, I acknowledge that there are inherent risks and dangers associated with recreation events and the Forest of Needwood Race. Therefore, I hold the Board of Frederick County commissioners of Frederick County Maryland, and their designated agents, and the Brunswick Area Recreation Council, Express Running Club, Frederick Steeplechasers Running club and St. Mary and St. Francis Catholic Church, harmless from all claims for injuries, damages or loss which may result from my or my child's participation in this event.

ATHLETE'S SIGNATURE: (PARENT IF UNDER 18): _____

SCHOLARSHIP & RACE SUPPORT THANK YOU

The FOREST OF NEEDWOOD is presented in support of a scholarship fund that is presented by The Express Running Club. The club awards up to 4 scholarships each year to graduating student athletes from Brunswick High School who have participated in track & field and cross country and have excellent grades and character. Over the years the club has awarded over \$11,000 in help to deserving students in the memory of Jennifer Shafer Odom. The club would like to thank the following sponsors, groups and organizations in helping us put on the Needwood:

The Frederick Steeplechasers Running Club
St. Mary's Catholic Church
Frederick County Sheriff's Dept.

Brunswick Area Recreation Council (BARC)
State Highway Administration
Middletown Sportsland