



Dedicated to alleviating world poverty and helping those in need

Cloud Snapple Half Marathon

Saturday, January 30, 9:00 am

Carderock Recreation Area

13.1 miles on the C&O Canal Towpath

- From I-495, take Exit 41 north of American Legion Bridge in MD to westbound Clara Barton Parkway. After one mile, take the first exit to the right to Carderock. Turn left on bridge. Go through tunnel under the C&O Canal Towpath. Continue about 0.3 mi. to a T-junction. Turn left and park free.
- Bathrooms are at parking area. Take path through woods to start line.
- Course is totally flat on gravel.

- Enter on-line at www.highcloud.org or use mail in the form below
- Entry fees:
 - \$25 by January 8
 - \$30 by January 27
 - \$40 on January 29, 3-6 pm, at packet pickup
 - No race-day registration
 - Limited to the first 300 entrants
- Convenient packet pick-up!
 - Friday, January 29, 3-6 PM - Georgetown Running Company, 3401 M St., Washington DC (202-337-8626)
 - Saturday, January 30, 8:00 to 8:45 AM - Carderock Recreation Area
- Awards to top 3 M/F + top 3 M/F 19 & under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+
- Full results published on-line after the race – a qualifier for SunTrust National Marathon
- Please write us at racedirector@att.net or call 703-927-4833 with any questions

Mail to **High Cloud Foundation, 611 South Ivy Street, Arlington VA 22204-2429**

\$25 by January 8 \$30 by January 27 \$40 on January 29

By entering this event, I agree, warrant and covenant as follows: I know that running is a potentially hazardous activity. I should not enter or run in competitive runs 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 race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release High Cloud Foundation, Princeton Running Company, National Park Service, USATF, and all sponsors, their directors, officers, employees, agents; 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 acknowledge that the application fee shall be non-refundable. I agree that Arlington Cooperation Foundation may use my name and likeness for publicity purposes. I agree that if National Park Service cancels the event because of bad weather, my entry fee is non-refundable.

Signature (parent or guardian if under 18) _____

Name _____

Address _____

City ST ZIP _____

E-mail _____

Phone _____ - _____ - _____

Gender M | F Age on 1/30/2010 Birthday _____ - _____ - _____ (mm-dd-yyyy)

T-shirt S | M | L | X Enclosed is an additional tax-deductible donation of \$_____