



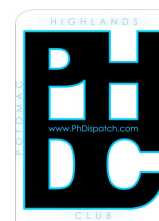
**The Potomac Highlands Distance Club**

*presents*

the **second** running of the low-key

**Resolution Run/Walk 1-mile**

On the Great Allegheny Passage  
at Cash Valley Road trailhead, LaVale, Md.



**TUESDAY, Jan. 1, 2013, 10 AM**

Course Records: Men – **Matt Wintersteen, 7:39.4 (2011)**; Women – **Carrie Wintersteen, 7:38.5 (2011)**

Men’s Masters – **David Eberly, 8:45 (2011)**, Women’s Masters – **n/a**

Recognition to: (no duplication of awards)

\* Top finishers, (male & female); top Masters (male & female)

Entry fee: **FREE** for PHDC members; \$5 for non-members. **Race-day registration only** beginning at 9 a.m. on the Great Allegheny Passage at the Cash Valley Road trailhead. No refunds. \* **Net elevation drop of about 114 feet!**

Start and Finish: The route is a point-to-point race from the Brush Tunnel entrance downhill to the Cash Valley Road trailhead/parking area. Canine companions on leashes are welcome. Be sure to arrive in time to register and walk/jog the one mile up to the start line!

Questions? Visit [www.PhDispatch.com](http://www.PhDispatch.com); email [run@phdispatch.com](mailto:run@phdispatch.com); call 304-209-8981

**2013 Resolution Run/Walk – Entry Form** [Form may be reproduced; please print]

Name: \_\_\_\_\_ Age (on 1/1/13): \_\_\_\_\_ Gender: F M

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Waiver and release: I recognize that participation in this activity may involve certain hazards. I understand that I should not participate unless medically able. I assume the risks associated with involvement in this activity, including but not limited to falls, contact with participants, effects of weather, and road and traffic conditions, these risks being known and appreciated by me. Having read this waiver release and considering the acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release the Potomac Highlands Distance Club or its volunteers, the County of Allegany, any and/or all sponsors and hosts, and their representatives and successors, from any claim of liability arising from my involvement in this activity.

**Signature (signature of parent/legal guardian if under 18):** \_\_\_\_\_