



# 48th Annual Larry Noël Greenbelt 15K & 3K

Sunday, September 3, 2006, 5:00 p.m.

Through Greenbelt, MD and the US Department of Agriculture Research Center

The Maryland RRCA 15K State Championship and a Grand Prix Series Race

Conducted by the DC Road Runners, (703) 241-0395



Take part in a tradition this Labor Day Weekend! Some hills for the strong, some straight-aways for the swift make this course both fun and a challenge. The T-shaped main part of the 15K course runs through the USDA's Beltsville Agricultural Research Center and offers sights and scents of the experiments being conducted there, plus three opportunities to pass the refreshments station and keep hydrated. The 3K Fun Run is held on the scenic path around Greenbelt Lake in Buddy Attick Park. The Race & Run will help celebrate the 52nd Annual Greenbelt Labor Day Festival.

**Time & Fees:** 15K at 5 p.m. Mail-in registration \$8 for DCRRC members, \$12 for non-members before 8/26, \$15 for all after 8/26 or on race day. 3K at 5:10 p.m., \$6 for all before 8/26, \$10 after 8/26 or on race day.

**Artistic T-Shirt with no corporate logos** guaranteed to all pre-registered 3K and 15K.

**Awards:** Awards to the first three overall and first Master (over 40), male and female. 10-year age group awards: 1st, 2nd, and 3rd.

**Refreshments** after the race at the finish line (weather permitting) or in the Greenbelt Youth Center.

**Packet Pickup and Late Registration** in the Greenbelt Recreation Center 4:00 p.m. to 4:45 p.m. The starting line is on Northway opposite St. Hugh's School Parking Lot.

**Special Notice:** We hold this race as guests of the City of Greenbelt and USDA, which is conducting delicate experiments. Any runner seen leaving the course and entering the fields or woods for an unauthorized "rest stop" will be disqualified.

**Directions:** Take Beltway Exit 23, Kenilworth Ave (Rt 201) North for 0.2 miles. Turn right on Crescent Road at light. East on Crescent for 0.6 miles to the St. Hugh's School parking lot. Additional parking is available a half mile farther down Crescent at the Coop Store and Rec. Center.

**Questions? Can't Run ... Want to Volunteer?** We need lots of volunteers for this race. Please contact the race director at [larrynoel15k@verizon.net](mailto:larrynoel15k@verizon.net).

**Get online for lots more information:**

DC Road Runners Club website: <http://www.dcroadrillers.org>

Greenbelt Labor Day Festival: <http://greenbelt.com/laborday/>

15K course certification map (course is subject to change but will be re-certified if needed):

<http://www.usatf.org/events/courses/maps/showMap.asp?courseID=MD04002RT>

Maryland RRCA State Championship Race Series: <http://www.mdrca.org/gps2006.htm>

Maryland RRCA Grand Prix Series: <http://www.mdrca.org/mdgrandprix.htm>

**Register online now** at <http://www.racepacket.com> > Registration, or mail the entry form (on the other side) with your check payable to "DCRRC."



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Sunday, September 3, 2006**

**Entry Form – Please Print –**

Name: \_\_\_\_\_

e-mail: \_\_\_\_\_

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Event:  3K or  15K

Phone: \_\_\_\_\_ Birth date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age on 09/03/06: \_\_\_\_\_

Gender:  M or  F

Shirt Size:  M  L  XL

RRCA Club: \_\_\_\_\_

# of times you have run the 15K: \_\_\_\_\_

Fee: \$ \_\_\_\_\_

15K: \$8 for DCRRC members, \$12 for non-members before 8/26, \$15 for all after 8/26 or on race day.

3K: \$6 for all before 8/26, \$10 after 8/26 or on race day.

I know that running is a potentially hazardous activity. I should not enter or run in club activities 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 the Road Runners Club of America, the DC Road Runners Club, and all sponsors, their 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. Further, I promise to remain on the course and to not enter the fields or woods of the Agricultural Research Station.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent's Signature if under 18 \_\_\_\_\_

Mail with check, payable to DCRRC, to Ben Richter, 605 3<sup>rd</sup> St NE, Washington DC 20002-4911