

15th Annual Sierra Club "Earth Day 5K" Set for Annapolis, April 24

Runners, walkers and friends of the environment from throughout the area are gearing up for one of the year's most fun racing events: the Anne Arundel Sierra Club's Earth Day 5K Race and Walk at Quiet Waters Park in Annapolis. Aside from being fun, the event is the Club's only annual fundraising event.

Runners and walkers alike agree that the course, through the Park's 350 lush green acres off the South River, is one of the most attractive on the circuit. And prizes and gifts to the participants, provided by the Sierra Club and local race sponsors, are fun and many.

The race takes place Saturday, April 24 with registration between 7:15 a.m. and 8:15 a.m., and the race at 8:30 a.m. There is a \$25 runner registration fee by April 16, \$30 on the day of the race.

Generous refreshments are available to all runners. Admission to the park is free for all Earth Day activities. All participants receive an "Earth Day 5K" T-shirt; runners are eligible to win plaques and medallions in several categories. Every entrant is eligible for post-race drawings that offer hundreds of dollars in goodies that typically include meals from area restaurants, Orioles tickets, health club passes, kayak rentals, ice cream cones, gourmet coffees, outdoor gear and more. One hundred fifty runners participated last year.

Leashed dogs are invited to participate. Supporters of the club who'd like to contribute to the event but don't want to run or walk are still invited to contribute and get a T-shirt and be eligible for the post-race giveaways.

Participants can pre-register by filling out the accompanying form and sending it in with their entrance fee. You can contact Race Coordinator David Prosten at 410-703-0847

Sponsored by



Earth Day Race & Walk - 5 kilometers (3.1 miles)

Saturday, April 24, 2010

Quiet Waters Park, Annapolis, Maryland

7:15 - 8:15 a.m. (Registration) 8:30 a.m. (Race & Walk)

BENEFIT:

Proceeds to benefit the *Anne Arundel County Sierra Club's Environmental Work*

AWARDS:

Refreshments and T-shirts to all entrants (T-shirts may be mailed to late registrants)

Plaque to top 3 in Men's and Women's Open. *Medallions* to age group winners.

Drawings for great prizes open to all participants, runners and walkers alike.

FOR INFORMATION CALL: David (410-703-0847)

ENTRY FEE: \$25 (before April 16), \$30 (on race day)

COUCH POTATO FEE: *I can't participate, but I want to support the club's work, so am enclosing a donation. I understand that if I come to the race, I'm eligible for the prize drawings)*

MAKE CHECKS PAYABLE TO: *Sierra Club, A.A. County*

SEND CHECK AND APPLICATION TO: Sierra Club Race & Walk, PO Box 3620, Annapolis, MD 21403

Sex: M____ F____ T-shirt size: S____ M____ L____ XL____ Age _____ (on race day)

Last Name _____ First Name _____

Street Address _____

City _____ State _____ Zip _____ Telephone _____

E-mail address _____

In consideration of the acceptance of this event, I waive all claims for myself, my heirs and assigns against the hosts, sponsors or promoters for injury or illness which may result from my participation. I further state that I am in proper physical condition to compete in this race.

Signature _____ Date _____

If under 18, parent or guardian must also sign.) _____