

4th Annual

# Kendall Trail

## 5K Run - 3K Walk

Along The Wild & Scenic Upper Yough



**Cash and Cool Prizes!**



**Race Date:**

**Saturday May 25th, 2019**

**Race Start Location: Friendsville Rescue Squad**

**Start Times: 8:00am Registration  
9:00am Runners Start  
9:15am Walkers Start**

**Entry Fee: \$20.00 First 50 Entrants  
Get a FREE T-Shirt!**

**Register by Mail or In Person**

**Friendsville Town Hall**

**P.O. Box 9 (mailing address)\**

**313 Chestnut Street, Friendsville, MD 21531**

**Tuesdays and Thursdays from 9:00am-2pm**

**For More Information on the Kendall Trail Race: [www.visitfriendsville.org](http://www.visitfriendsville.org)**

On Facebook at Deep Creek Lake Area Outdoor Adventure - Timing by Queen City Striders

**ENTRY FORM: \$20 per entrant.**

**Use separate form for each entry. Copies not acceptable**

**PLEASE PRINT CLEARLY**

Circle One

**Male or Female**

**NAME: \_\_\_\_\_ Age \_\_\_\_\_**

**T-Shirt Size (circle one) S M L XL XXL Please Circle One: 5K Run or 3K Walk**

**Address: \_\_\_\_\_ City \_\_\_\_\_**

**State: \_\_\_\_\_ Phone: \_\_\_\_\_ Zip: \_\_\_\_\_**

**Email: \_\_\_\_\_**

With the completion of this entry, I release, for myself, my heirs, executors and administrators, The Town of Friendsville and The Queen City Striders and all parties involved in the planning or staging of the Kendall River Trail Race, including officials and volunteers from, and hereby waive, any and all claims, demands, liabilities, damages, or cause of action in any manner, including illness, injury or death arising from my participation in the race. I attest and verify that I am physically fit and trained for the event. Furthermore, I hereby grant to any event staff to use my photograph or other recordings of the event for any legitimate purpose. The entry is invalid unless signed by participant. Participants under 18 years must have a parent or guardian sign. The official race director reserves the right to reject any entry.

Signature \_\_\_\_\_ Parent or Guardian: \_\_\_\_\_

Make Checks Payable To: Town of Friendsville

Additional Information: Jogger Strollers will be allowed on the Walk only. Dogs, bikes and headphones not allowed. Refreshments for participants will be served after the race at the Rescue Squad.