

Ethio-American Mother's Day 8K

Saturday, May 7, 2016 – 10:00 AM – C&O Canal Towpath
Fletcher's Cove, 4940 Canal Road NW, Washington DC

Host: **Ethio-American Athletics Association**

Enter on-line at
www.safetyandhealthfoundation.org/ethio



Entry Fees: \$20 by January 31, \$25 by March 31, \$30 by May 6, \$40 on May 7
Race-day packet pick-up: Saturday, May 7, 8:30 AM-9:45 AM, on-site at Fletcher's Cove (no race-day registration)
Awards: Cash Prizes: \$200 for 1st place M/F; \$100 for 2nd place M/F; \$75 for 3rd place M/F
Age Groups: Top three M/F 19 & under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+
Gift certificates from sponsors | Distinctive random awards
Mission: EAAA supports young talented athletes in Ethiopia with athletic apparel, shoes, & medical care

Sponsor Us: We invite you to sponsor our race:
• For \$50, your non-profit organization may exhibit on-site on race day (please bring your own table)
• For \$100, you get a special polo shirt and your insert in 300 goodie bags
• For \$250, you get your name on the back of the t-shirt and race web page + polo shirt & inserts
• For \$500, you get your logo & name on the back of the t-shirt and race web page + polo shirt & inserts
• For \$1000, you get your logo & name on the front of the t-shirt IN COLOR and race web page + polo shirt & inserts

Directions:
• From M Street westbound, cross Foxhall Road. M Street becomes Canal Road.
• After about two miles, the driveway down to Fletcher's Cove is on the left.
• Stay right, drive through the tunnel, and bear left to free parking alongside Potomac River
• We have about 200 spaces, so please car-pool or use our [Facebook](#) page

Other Events:
• Children's One Kilometer FREE Fun-Run at 9:30 AM
• Dance Contest for Children and Adults at 11:00 AM



Instant Results by: Safety And Health Foundation, Inc.
Course: Out'n'back on flat C&O Canal Towpath - no cross-streets
Limit: Limited to the first 300 entrants **T-shirts:** High-quality colorful t-shirt
More information: ethioamerican2008@gmail.com • Sentayehu Mamo (240-706-0098) or Tesfalem Sene (202-607-5602)
Registration: On-line via Active.com or by mail using the form below

Ethio-American Mother's Day 8K • ENTRY FORM

Mail checks payable to **EAAA** and send to
EAAA, 1845 Tobias Drive SE, Washington, DC 20020

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 this event 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 Ethio-American Athletics Association, Safety And Health Foundation Inc., Road Runners Club of America, USATF, National Park Service, District of Columbia, and all sponsors, their directors, elected and appointed officials, employees, officers, 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 is non-refundable. I agree that you may use my name and likeness for publicity purposes.

Signature _____ (parent or guardian if under 18)

Name _____ Gender ___ (M F) Age on 05/07/2016 ___

Address _____

City _____ ST ___ ZIP _____

E-mail _____ T-shirt size [] Child-M XS S M L X XX

Birthdate ___ - ___ - _____ (mm-dd-yyyy) Predicted time for 5K (3.11 miles) ___ : ___

Day Phone _____ - _____ - _____ Evening Phone _____ - _____ - _____

Enclosed is my entry: [] \$20 by January 31 [] \$25 by March 31 [] \$30 by May 6 [] \$40 on May 7 (No race-day registration)

Enclosed is my additional tax-deductible donation: [] \$50 [] \$100 [] \$250 [] \$500 [] \$1000 [] Other: _____