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# Monster Mask 5K

**Saturday, October 13, 2013 – 9:00 AM – Fletcher’s Cove – C&O Canal Towpath  
4740 Canal Road NW, Washington DC 20007**

Register on-line at [www.safetyandhealthfoundation.org/monster](http://www.safetyandhealthfoundation.org/monster)

**Host:**  7232 Columbia Pike, Annandale VA 22003 -- 855-854-0465  
10387 Main Street, Fairfax VA 22030 -- 703-273-8251  
4380 MacArthur Blvd NW, Washington DC 20007 -- 202-506-4999

**Sponsor:** 

- Entry Fees:** \$25 by May 31, \$30 by July 31, \$35 by September 30, \$40 by October 12
- Pre-race packet pick-up:** Saturday, October 12, 3-6 PM, Georgetown Running Company, 3401 M Street NW, Washington DC  
15% discount on your purchases at packet pick-up at Georgetown Running Co. (202-337-8626)
- Race-day packet pick-up:** Sunday, October 13, 8:00-8:45 AM, on-site at Fletcher’s Cove (no race-day registration)
- Awards:** Top 3 overall M & F, top 3 in age groups 19 & under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+  
Gift certificates from Georgetown Running Co. and other sponsors | Distinctive random awards

**Directions from Georgetown and points east:**

- From Georgetown, go west past Key Bridge. At Foxhall Road, M Street becomes Canal Road. Continue west for 2 miles.
- Watch for Reservoir Road on right and CAREFULLY enter Fletcher's Cove on left - watch for oncoming traffic.

**Directions from Maryland and points west:**

- From Clara Barton Parkway, go east past Chain Bridge where Canal Road begins. Cross Arizona Avenue.
- Watch for the entrance to Fletcher's Cove on the right. Be careful -- that right turn is very sharp.
- Drive through the tunnel to free parking alongside Potomac River

- 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:** Contact Elizabeth McClure (202-617-5708) or Heather Smith (703-225-9194)
- Registration:** On-line via Active.com or by mail using the form below



## Monster Mask 5K • ENTRY FORM

Mail checks payable to **Foundation Fitness Race** and send to  
Foundation Fitness, ATTN Elizabeth McClure, 4380 MacArthur Blvd NW, Washington DC 20007

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 Elizabeth McClure, Foundation Fitness, Safety And Health Foundation Inc., Princeton Running Company, USATF, The 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 10/13/2013   

Address \_\_\_\_\_

City \_\_\_\_\_ ST    ZIP   

E-mail \_\_\_\_\_ T-shirt size [  ] S M L X XX

Birthdate    -    -    (mm-dd-yyyy) Predicted time for 5K (3.1 miles)    :   

Day Phone    -    -    Evening Phone    -    -   

Enclosed is my entry fee [  ] \$25 by July 31 [  ] \$30 by September 30 [  ] \$35 by October 12 (DCCS only)