

NORTHERN CENTRAL TRAIL MARATHON & 2 PERSON RELAY

Presented by: The Baltimore Road Runners Club (BRRC)

WHEN: SATURDAY NOVEMBER 27TH, 2010 at 9:00 AM

WHERE: SPARKS ELEMENTARY SCHOOL 601 BELFAST ROAD, SPARKS, MARYLAND 21152

DIRECTIONS: I-83 (North or South) to Exit 24 (East) approximately ¼ mile to school entrance

EVENTS: 21ST Annual Marathon and Two Person Relay (Each relay member runs 13.1 Miles)

FEES: Early Bird: Until July 31: \$ 75 for marathon & \$150 for Team

August 1 – October 15: \$85 for marathon & \$170 for Team

October 16-November 26: \$95 for marathon & \$190 for Team (if race is still open)

SPECIAL NOTE: There is NO race day registration & Teams are limited to 40 teams. The team entries always close early, generally by September and the marathon closed by October 15th in 2009

REGISTRATION: Participants can register by mailing application to address below OR ON LINE through www.Active.com
DO NOT mail an entry after November 19
ON LINE CLOSING NOVEMBER 19, 2010 (If race closes early so will on-line)

PACKET PICKUP: Wednesday November 24th @ Charm City Run 2045 York Road, Timonium, MD 1 PM until 7 PM

Friday November 26th @ Charm City Run 2045 York Road, Timonium MD from 11 AM until 6 PM

Packet Pickup on race day is @ Sparks Elementary School beginning @ 7:30 AM.

Directions to course viewing sites & course maps will be available @ each packet pick up site.

AWARDS: Top 5 Men & Women Open Category and to top 2 Masters, Men & Women. NO duplication of any awards.

AGE GROUP AWARDS to top 3 finishers in the following age groups: 16-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 & and 70 Plus.

MEDALS AND CERTIFICATES TO ALL MARATHON FINISHERS. CERTIFICATES WILL BE COMPLETED ON RACE DAY

RACE IS PART OF THE MD STATE GRAND PRIX SERIES. IN A MD RRCA CLUB? ENTER CLUB INITIAL ON ENTRY FORM

TEAM AWARDS: Top two teams in each category: Male, Female & Coed and Senior (Total age 110 years)

Cash Awards of \$150. for new event records in male, female, Open and Masters. Event records are as follows:

Open Men: 2:25:18 Open Women: 2:47:25 Masters: Men: 2:36:03 Masters Female: 3:04:02

NOTE: AWARDS WILL NOT BE MAILED

COURSE: Starts & finishes @ Sparks Elementary School. First 1.8 Miles on road to get to trail, travel north on a dirt & crushed stone trail for 11.7 miles before returning for 11.2 miles with last 1.5 Miles on road to return to the school. Slight upgrade on trail going out and slight downgrade on the return.

AMENITIES..... Course is certified and is a Boston qualifier. Hot soup and other foods at the school on your return. Water and Gatorade on the trail approximately every 3 to 3.5 miles. If you require additional fluids plan on carrying your own product. Unique Railroad awards to award winners. (This is a "Rails to Trails" course.)

PREMIUM: Unisex Warm Hooded Sweatshirt with double-lined hood & draw cord. front pouch pocket with sleeve and waist with Spandex. Includes traditional Northern Central Trail Marathon logo 2010 Edition

TIMING/SCORING: By Charm City Timing with IPICO chip. Chip must be worn on SHOE and returned at finish line. Runners will be invoiced \$30.00 for failure to return chip.

PARKING: Parking is very limited at the school. We will provide shuttle bus service from the parking lot @ 14550 York Road (Western Run Business Park) beginning @ 7 AM and shuttle bus service back to the parking lot post race. DIRECTIONS: From I-83 South. Exit east on Belfast Road go past Sparks Elementary School (the start/finish). Turn right on York Road (MD 45) for 1.3 miles on your right. From I-83 North Exit east on Shawan Road, past Hunt Valley Mall to York Rd (MD 45) Turn left and parking is 2.1 miles north.

RULES & RESTRICTIONS: Marathon is limited to 450 entrants and Teams limited to 40. No one under 16 years of age allowed in marathon. No one under 14 allowed as team member.

Course Time Limit: 6 hours (a 13:45 minute pace)

Runners will not be allowed to continue after official cut-off time. Finish Line closes @ 3 PM.

A runner cannot run as an individual AND as part of a team. Each team member runs 13.1 Miles and 2nd runner will be transported to exchange point by bus and first runner will be transported back to the school.

Race Director... Christy St. Clair, Operations: Kelly Dees 410-308-1870

Contact: Hot Line: 410-630-1580 Web: www.brrc.com

Email: info@ncrtrailmarathon.com REGISTER ON-LINE WITH ACTIVE.COM

Checks payable to: BRRC Mail to: NCTM PO Box 5464 Towson, MD 21285

EVENT: MARATHON _____ **TWO PERSON RELAY** _____ Mail both entries together.

NAME _____ **AGE** _____ (as of 11/27/2010) **SEX:** M F

ADDRESS _____

CITY _____ **STATE** _____ **ZIP** _____ **EMAIL** _____

EMERGENCY CONTACT: Name & Phone/Cell # _____

TEAM INFO: 2ND RUNNER _____ **TEAM NAME:** _____

Team Type: M F Mixed or Senior

Team Entries must be submitted together) **Marathon Time within Last two years** _____

Race Waiver

I know that running a road race is a potentially hazardous activity. I assume all risks associated with running in this event including but not limited to: falls, contact with participants, the effects of weather, including cold, high heat and/or humidity, traffic & the conditions of the road, all such risks being known and appreciated by me. Having read this waiver, I, for myself and anyone entitled to act on my behalf, waive and release the Baltimore Road Runners Club, Road Runners of America, Gatorade, The Maryland Dept. of Natural Resources-Gunpowder State Park Torrey Brown Memorial Trail, Charm City Run Timing, Baltimore County Police Dept., Baltimore County Public Schools, Sparks Elementary School and all sponsors, vendors, property owners, race officials, volunteers their representatives & successors from all liabilities of any kind arising out of my participating in this event.

SIGNATURE _____ **DATE** _____

PARENTS SIGNATURE (IF UNDER 18) _____ **DATE** _____