



Larry Noël 15K Race & 3K Fun Run

Sunday, August 31st, 2008

15K at 5:00 p.m., 3K at 5:10 p.m.

Through Greenbelt, MD and the U.S. Dept of Agriculture Research Center

A fundraiser conducted by the DC Road Runners Club to benefit



Girls Gotta Run

A Maryland RRCA State Championship Series Race

Take part in a tradition this Labor Day Weekend! Some hills for the strong, some straight-aways for the swift make this course both fun and a challenge. The T-shaped 15K course runs through the USDA's Henry A. Wallace Beltsville Agricultural Research Center and offers sights and scents of the experiments being conducted there, plus four refreshment stops to keep you hydrated. The 3K Fun Run, a family-friendly event, travels the scenic path around Greenbelt Lake in Buddy Attick Park. The Race & Run celebrate the 54th Annual Greenbelt Labor Day Festival. The Festival includes photo shows, art shows, The Miss Greenbelt Pageant, and the Midway Carnival, where you'll find amusement rides, games, foods and snacks to help you cool off.

A fund raiser for The Girls Gotta Run Foundation. New this year! Girls Gotta Run provides running shoes for young women athletes in Ethiopia. \$5 of your registration fee supports this locally-based, non-profit organization.

A National Marathon and Half-Marathon Qualifying Event! The 15K is an official qualifying event for the 2009 National Marathon and Half Marathon. The qualifying time is 1:46:00.

Time & Fees: 15K at 5 p.m. \$18 for DCRRC members, \$22 for non-members on or before 8/21, \$23 for all after 8/21 or on race day. 3K at 5:10 p.m., \$14 for all on or before 8/21, \$19 after 8/21 or on race day. All fees include a \$5 contribution to the Girls Gotta Run Foundation. No additional charge for online registration ... please register early and online!

Artistic T-Shirt guaranteed to all registered on or before 8/21.

Awards: 15K race features cash or gift certificate awards to first three overall and first Master (over 40), male & female; \$75 first place and first master, \$50 second place, \$25 third place. Both races will have 10-year age group awards: 1st, 2nd & 3rd. **Young runner awards!** \$10 cash or gift certificates for the first five runners, 13 years and younger, who finish the 3K Fun Run.

Entry Form - Please cut, sign-on-the-dotted-line and mail in!

Name: _____

e-mail: _____

Address: _____

City: _____

State: _____ Zip: _____ Phone: _____

Gender: M or F

Birth date: ____/____/____ Age on 08/31/08: _____

Event: 3K or 15K Shirt Size: S M L XL

(optional) RRCA Club: _____

of times you have run the 15K or 3K (whichever you're doing): _____

Fee (includes \$5 contribution to Girls Gotta Run Foundation):

15K: \$18 for DCRRC members, \$22 for non-members on or before 8/21, \$23 for all after 8/21 or on race day.

3K: \$14 for all on or before 8/21, \$19 after 8/21 or on race day.

Race Fee \$ _____

+ additional GGRF contribution (optional):

\$5 \$10 \$15

\$25 other _____

= total amount enclosed: \$ _____

Make checks payable to DC Road Runners. Portion that is a contribution to The Girls Gotta Run Foundation, Inc., a 501(c)(3) tax-exempt organization, is tax-deductible to the extent permitted by law.

Post-race refreshments after the race at the finish line (weather permitting) or in the Greenbelt Youth Center.

Packet Pickup and Late Registration in the Greenbelt Youth Center 4:00 p.m. to 4:45 p.m. The 15K starting line is on Northway opposite St. Hugh's School Parking Lot (135 Crescent Road). The 3K starting line is between the Youth Center and the tennis courts.

Special Notice: We hold this race as guests of the City of Greenbelt and USDA, which is conducting delicate experiments. Many of the fields are treated with pesticides or other chemicals. Any runner seen leaving the course and entering the fields or woods for an unauthorized "rest stop" will be disqualified.

Help us run the race without, you know, actually running! The Larry Noël races are not possible without the help of volunteers - your time and energy are greatly appreciated, and we need lots of volunteers for this race.

To volunteer or for additional information, please contact the race director at larrynoel15k@verizon.net.

Directions: Take Beltway Exit 23, Kenilworth Ave (Rt 201) North for 0.2 miles. Turn right on Crescent Road at light. Go east on Crescent Road for 0.6 miles to the St. Hugh's School parking lot. Additional parking is available a half mile farther down Crescent Road at the Greenbelt Cooperative Store and Recreation Center.

REGISTER ONLINE NOW at <http://www.racepacket.com> > Registration, or complete and mail the entry form with your check payable to "DC Road Runners."



Girls Gotta Run

The Girls Gotta Run Foundation (GGRF) is a volunteer organization created to raise money to buy athletic shoes for Ethiopian girls who are training to become professional runners. Training to be athletes allows them to stay in school, avoid early marriage, and gain personal independence. Founded in 2006, the organization already supports two pilot programs, Team Tesfa in Addis Ababa and the Simien Mountain Girls Running Team in rural Ethiopia. Besides athletic shoes, GGRF is providing money for training clothes, "calorie money" for extra food and subsidies for coaches. By providing money for athletic shoes, Girls Gotta Run gives Ethiopian girls the chance to improve not only their lives, but also their families and communities.

Go online for lots more information!

DC Road Runners Club: <http://www.dcroadrillers.org>

Girls Gotta Run Foundation: <http://www.girlsgottarun.org>

Greenbelt Labor Day Festival: <http://greenbelt.com/laborday>

Maryland RRCA State Championship Race Series: <http://www.racepacket.com/james/rrca916.htm>

15K course map: <http://www.usatf.org/events/courses/maps/showMap.asp?courseID=MD04002RT>

3K course map: <http://www.usatf.org/events/courses/maps/showMap.asp?courseID=MD01040RT>

Last year's results: <http://www.dcroadrillers.org/results07/20070902.html>

Cover artwork: "Race You For Tomorrow" by Karen McCray, a GGRF participating artist. See more of Karen's and other artists' work to benefit GGRF at http://www.girlsgottarun.org/gallery_artists.php?nid=263. Image © 2007, Karen McCray.

Disclaimer/Waiver of Liability/Legal Mumbo-Jumbo:

I know that running is a potentially hazardous activity. I should not enter or run in club activities 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 the Road Runners Club of America, the DC Road Runners Club, the Girls Gotta Run Foundation, Inc., the City of Greenbelt, MD, and all sponsors, their 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 organizations and/or persons named in this waiver.

Further, I promise to remain on the course and to not enter the fields or woods of the Agricultural Research Station.

We share the roads and paths with many other users including Greenbelt residents and, in the case of the 15K, motor vehicles. In the interest of personal safety, I will comply with USATF Rule 144.3(b): "The visible possession or use by athletes of video or audio cassette records or players, TVs, CD or DVD players, radio transmitters or receivers, mobile phone, computers, or any similar devices in the competition area shall not be permitted."

Signature Date _____

Parent's Signature if under 18

Enclose check (payable to DC Road Runners) and mail to:
DCRRC c/o Ben Richter
605 3rd Street NE
Washington DC 20002-4911