2018 HOWARD'S RUN FESTIVAL

HunterDouglas HOWARD'S RUN 25K

Potomac Farms PAWS on the PAVEMENT 5K

"The Sweet Pea Shuffle"

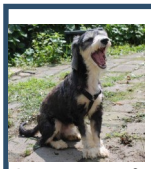
A family pet walk made possible by the local associates of Hunter Douglas

Where: Canal Place Cumberland, MD **When**: Saturday August 18 4-7pm & Sunday August 19 7am-Noon

Join us this year for our 2nd Annual Howard's Run Festival to benefit the Allegany County Animal Shelter! Two Days, three events and lots of family (and furry) fun!

Howard's 25K Run - Our signature race is in its fourth year! A 15.54 mile adventure on the Great Allegany Passage starting in Frostburg, MD. $100 cash prizes to 1st overall male and female plus bonuses for course records. This year's women's course record bonus is **$300**! Trophies for 1st, 2nd, & 3rd overall male and female as well as male and female masters. Awards for age group winners (1st, 2nd, 3rd), finishers medals, and tech race shirts.

Paws on the Pavement 5K - A fast, flat out and back course starting at finishing at the Western Maryland Station. Awards for overall male/female. Ribbons for top 3 in age groups. Finishers medals, and tech shirts.



Howard and The Lucky 33: On June 13, 2014 thirty three dogs were rescued from the basement of an abandoned home in Cumberland. The animals were found in various states of neglect and most were afraid of humans. Howard was one of the early adoptees and gained much notoriety in the Wahl Dirty Dogs contest, taking second place.

Sweet Pea Shuffle - complete as many laps around the track with your furbaby! Prizes awarded for most laps and most sponsor money raised!

Registration: Early bird registration (before June 1) $40/20(5K), normal registration (6/1-7/31) $50/25(5K), late regiistration (8/1-8/19 $60/30(5K). Sweet Pea Shuffle is $10 flat fee or minimum $20 in sponsors. Race day registration is available for Paws on the Pavement 5K on August 19 and Sweet Pea Shuffle on August 18. Online registration available through August 17 at runsignup.com. Checks payable to **Howard's 25K Run**. Mail to: **Howards 25K Run, PO Box 5244, Cresaptown MD 21505**.

NAME: _____ **SEX:** ___ **AGE:** _____

ADDRESS: _____

CITY: _____ **STATE:** _____ **ZIP:** _____

EMAIL: _____ **PHONE:** _____

CLUB/CORPORATE AFFILIATION: _____

25K ☐ **5K** ☐ **Sweet Pea Shuffle** ☐ **Pre-Race Dinner($10)** ☐

Shirt Size **S** ☐ **M** ☐ **L** ☐ **XL** ☐ **XXL** ☐

I hereby release from liability the City of Frostburg, the City of Cumberland, Allegany County, Queen City Striders, all sponsors, race officials, and anyone connected in anyway with the 2018 ACAS Howard's 25K Run for any ailment or injury associated with participating in the above stated race. I further state that I am aware this race is a strenuous activity, and that I have prepared properly to participate in it.

_____ _____

Signature of runner or parent/guardian if runner is under 18 **Date**

Allegany County Animal Shelter — A Shelter of Hope.