



2019 HOWARD'S RUN FESTIVAL

HunterDouglas

Potomac Farms



THOMAS CUMBERLAND



Where: Canal Place Cumberland, MD **When:** Saturday August 17 4-7pm & Sunday August 18 7am-Noon

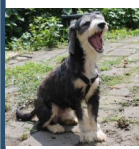
Join us this year for the 2019 Howard's Run Festival to benefit the Allegany County Animal Shelter! Two Days, three events and lots of family (and furry) fun!

Howard's 25K Run - Our signature race is in its fifth 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. 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.

Sweet Pea Shuffle - Bring your furbaby for an afternoon of healthy outdoor fun! Walk around the track and show your support for your local **NO KILL** animal shelter. Prize packages to be awarded via random drawings during the walk. Every participant will receive a special ribbon commemorating the event.

Registration: Early bird registration (before June 1) \$40/20(5K), normal registration (6/1-7/31) \$50/25(5K), late registration (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**.



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.

NAME: _____ **SEX:** ____ **AGE:** _____

ADDRESS: _____

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

EMAIL: _____ **PHONE:** _____

CLUB/CORPORATE AFFILIATION: _____

25K ___ 5K ___ Sweet Pea Shuffle ___

Shirt Size XS 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 2019 ACAS Howard's Run Festival 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

