 **OUTRUN**

 **OUTLAST**

**Liberty Reservoir Expedition**

 **OUTRUN**

**ERR is pleased to announce its newest series:**

**The 2015 Liberty Reservoir Expedition**

**WHAT:** Run, Walk, Bike the fire trail around Liberty Reservoir



**Run For Your Life**

**WHEN:** May 1st – August 31st

**HOW:** 9 – 12 segments varying in length

No longer than 6.5 miles

Covering approximately 40 miles of trail.

**COST:** $25 for ERR Members; $35 for Non-Members

**BACKGROUND**

Your fellow ERR members have bravely completed the trail, and are finalizing materials to be distributed to would-be Expedition Team Members. Participants will be provided with:

* Maps
* Directions & Trail Notes
* Expedition Passport (which may get you into Howard County but we doubt it)

**Survivor Expedition Guidelines:**

1. Participants in The Liberty Reservoir Expedition must sign the ERR Waiver.
2. Remember the "Leave no trace" and "pack it in, pack it out “rule. Meaning, Please do not leave any trash or food behind. Even your biodegradable stuff may make some of Mother Nature’s animals sick so don’t leave apple cores or sandwich leftovers, etc. Anything you take into the park must come out of the park.
3. Please do not run the trail alone. Be Smart. Let others know the route you are running and please take your cell phone. There will be organized group runs. Remember that trail running is significantly slower than road running. Plan your time well.
4. Remove valuables from your car. Lock your Car
5. We recommend participants download Endomondo (App available for free for both Apple and Android Phones). This is a good way for us all to keep track of what segments have been completed.
6. For the most part, you will be running on a Fire Trail. Large segments of the trail have been blazed with a red vertical dash – about every 200 yards or so.
7. Portions of the trail can be wet/muddy.
8. We will provided maps for each segment (already posted on Endomondo).
9. Most of the segments are point-to-point runs. You either need to park a car at one end, or run the segments as out & back, which of course doubles the mileage.
10. Have Fun.

**2015 Survivor Liberty Reservoir Expedition Registration**

**Last Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ First Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Gender (Circle One): MALE FEMALE AGE (as of 5/1/2015): \_\_\_\_\_\_\_\_**

**Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**City: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ State: \_\_\_\_\_\_\_\_ ZIP:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**EMERGENCY PHONE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ SHIRT SIZE (Circle One): XL L M S**

**EMAIL ADDRESS: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**AMOUNT PAID (Circle One): ERR MEMBERS: $25**

 **NON MEMBERS: $35**

**Waiver Of Liability:** Participant understands that he/she is subject to the church’s rules of conduct and sportsmanship. The undersigned acknowledges that neither the Freedom Area Recreation Council (“FARC”), Carroll County Department of Recreation and Parks nor the Eldersburg Rogue Runners (“ERR”) provide any registrant medical or hospitalization insurance whatsoever, and hereby waives any and all claims against FARC, ERR, the Carroll County Department of Recreation and Parks, Carroll County or any other person affiliated with these entities and sponsors for injuries sustained while watching or participating in this event or traveling to and from the event. I also agree that photographs taken of my child or me while participating in this activity may be used for publicity purposes. ERR is an affiliate of FARC.

Participant Signature (Parent if Under the Age of 18):

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**The Americans with Disabilities Act applies to the Carroll County Government and its programs, services, activities, and facilities. Anyone requiring an auxiliary aid or service for effective communication or who has a complaint should contact Madeline M. Morey, The Americans with Disabilities Act Coordinator,** **410.386.3800****,** **1.888.302.8978****, MD Relay 7-1-1/1.800.735.2258 or email** **mmorey@ccg.carr.org** **as soon as possible but no later than 72 hours before the scheduled event.**



