

# AGENDA

Registration & Packet pick-up	8-9 AM
Warm-Up with Gold's Gym	9 AM
Race Ends Food, & 1 Miler Awards	10 AM
Expo	10AM—2PM
Announcement of 1 Miler Drawing Winner	10:30 AM
Decontamination Demonstration	11 AM
K-9 Demonstration	11:45 AM

## IMPORTANT ITEMS FOR THE DAY (Be sure to write down this info!)

1 Miler Packet Pick-Up & Registration:  
8 AM at the TownMall of Westminster.  
Outside the Regal movie theater entrance.

Start of race & end of race:  
Outside the Regal movie theater entrance.

Parking:  
All mall lots will be open, however, there will be designated space outside of the Regal movie theater entrance for emergency equipment staging.

Emergency Preparedness Expo:  
10 AM to 2 PM at the  
TownMall of Westminster  
(in the old Steve & Barry's and the parking lot by the movie theaters).

## September is NATIONAL PREPAREDNESS MONTH

Come join us  
Saturday, September 12th, 2009 at the  
TownMall of Westminster for a fun  
filled day. The day will kick-off with a  
1 Mile "Step to Prep" Run/Walk  
at 9:30 AM. Free entry to the race  
and a free t-shirt for the first 100  
registered racers.  
Timing provided by the  
Westminster Road Runners Club (WRRRC).

Take your  
"Steps to Preparedness"  
by staying after the race or join us  
from 10 AM—2 PM for the  
Emergency Preparedness Expo  
inside and outside the old Steve &  
Barry's store at the TownMall. Learn  
how to increase your preparedness for  
emergency situations through educational  
booths, equipment displays and activities  
for the entire family!

FREE ADMISSION!  
YOU WON'T WANT  
TO MISS THIS!



Event sponsored by:  
The Carroll County Citizen Corps Council  
The TownMall of Westminster  
The Westminster Road Runners Club  
Gold's Gym

CARROLL COUNTY  
CITIZEN CORPS COUNCIL

# STEP TO PREP 1 MILER



## 1 MILE RUN/WALK & EMERGENCY PREPAREDNESS EXPO

Saturday, September 12, 2009  
1 Miler begins at 9:30 AM  
Expo from 10 AM to 2 PM



# STEP TO PREP 1 MILE RUN/WALK

## About the Race:

The Step to Prep 1 Mile Run/Walk will kick off activities at the TownMall of Westminster. This will include a competitive, timed 1 mile run (Heat 1) and a Fun Run/Walk (Heat 2). The 1 miler will begin at 9:30 AM. Food and awards will follow at 10 AM in the old Steve & Barry's store. Free t-shirts for the first 100 registered racers. All race participants will be entered into a random drawing to win a prize. **Fill out the attached registration form and mail back by Wednesday, September 2nd.**

**Heat 1:** This heat is *officially timed and scored*. All participants in Heat 1 must meet the following criteria: (1) age 11 & over, and (2) run a 10-minute mile or faster. If you are not able to meet these criteria, please register for Heat 2.

**Heat 2:** A clock showing an unofficial race time, will be at the finish line. **ALL** participants meeting **either** of the following criteria should register for Heat 2: (1) age 10 & under, or (2) those running/walking slower than a 10-minute mile.

**Prizes:** Free t-shirt for first 100 registered for the 1 Miler (regardless of Heat 1 or Heat 2), Complimentary Food & Drink!

**Medals for Heat 1:**  
Top 3 Overall Runners  
Top 3 Male Runners  
Top 3 Female Runners

## Step to Prep 1 Miler Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Age: \_\_\_\_\_ M  F  Heat 1 or 2 (circle)

Additional Family Members:

1. \_\_\_\_\_ Age: \_\_\_\_\_ M  F  Heat 1 or 2 (circle)

2. \_\_\_\_\_ Age: \_\_\_\_\_ M  F  Heat 1 or 2 (circle)

3. \_\_\_\_\_ Age: \_\_\_\_\_ M  F  Heat 1 or 2 (circle)

Shirt Sizes (please indicate size of t-shirt and number needed below, one per registered family member)

Adult: S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_

Youth: S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_

There is NO cost to register for this event.

Mail completed registration **BY WEDNESDAY, SEPTEMBER 2nd** to:

225 North Center Street, Westminster, MD 21157, ATTN: Chrissy Calp, Emergency Management.

**Release and Waiver:** I know that running and/or walking is a potentially hazardous activity. I should not enter and run or walk unless I am physically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the race. I acknowledge that participation in this event is completely voluntary and I understand that this type of event may entail various unknown risks including but not limited to falls, trips, contact with other participants, the effects of weather including heat and/or humidity, traffic and the conditions of the road, all risks being acknowledged, appreciated by me, and voluntarily assumed. Having read this release and waiver and knowing of these facts in consideration of accepting my entry, I hereby waive and release The Carroll County Citizen Corps, the County Commissioners of Carroll County, and all sponsors, their representatives, officers, employees, volunteers, agents, successors and assigns, from all claims, liabilities, damages, demands, costs, expenses, or judgments including attorneys' fees and court costs, arising out of or in any way connected with my participation in this event.

Further, I grant permission to the forgoing parties to record my picture and voice through photographs, motion pictures, films, recordings, audio, videotapes, or any other record of these events to use and edit these images and recording at their discretion, including use in any manner of media whatsoever, including unrestricted use for purposes of publicity, advertising, or education, including the use of my name, likeness or voice. I understand and agree that this data may be used without identifying me. I release and discharge the participating agencies, including their officers, employees, volunteers, agents, successors and assigns from all claims, liabilities, damages, demands, costs, expenses or judgments including attorneys fees and court costs, including among other things, libel, slander, invasion of privacy, right of publicity, and defamation arising out of the use of the recordings and data. I further waive any rights conferred under federal copyright laws or any other rights I might otherwise have in the recordings and data and the subsequent broadcast or commercial, educational, or other use by the participating agencies. I understand that the recordings are the exclusive property of the participating agencies and those agencies own all rights to these recordings regardless of the form in which they are produced or used. Further, I agree that I am not entitled to nor was I promised any compensation for the making of such recordings or their use.

I understand that bicycles, skateboards, baby joggers, roller skates and blades, animals, and radio headsets are not allowed in the race and I will abide by this guideline.

**\*\*Release must be signed. Parent or guardian signature is required if participant is under 18.\*\***

Participant's Signature (required if over 18): \_\_\_\_\_ Date: \_\_\_\_\_

Participant's Signature (required if over 18): \_\_\_\_\_ Date: \_\_\_\_\_

Parent or Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Cut along dotted line, complete registration form and return to 225 N. Center Street, Westminster, MD 21157, ATTN: Chrissy Calp, Emergency Management