

Hidden Treasures Half Marathon & 5K



The Wicomico County Tourism Office, in partnership with, local businesses and restaurants, invite you to take part in our inaugural event!

Visit the Eastern Shore of Maryland and Wicomico County...we can't wait for you to "Discover Our Hidden Treasures!"

Presented
By:



Wicomico County Recreation, Parks & Tourism SUNDAY, SEPTEMBER 12, 2010

Located perfectly between the Atlantic Ocean and the Chesapeake Bay, Wicomico County, Maryland offers you the chance to experience outdoor adventures, Eastern Shore culture and history, delicious Eastern Shore food and a variety of accommodations to suit your needs.

Wicomico County, Maryland offers a perfect blend of metropolitan and small town charm. As the Eastern Shore of Maryland's largest municipality, Salisbury is the region's hub for entertainment and shopping. Its neighboring towns and communities offer a great way to explore Eastern Shore treasures of history, outdoor adventure and culture. Plan your stay at www.WicomicoTourism.org.

REGISTER ONLINE OR BY MAIL:

Entries postmarked before **August 1st, 2010** will be considered early registration and will receive the discounted price and guaranteed requested shirt size. All registrations after this date will get shirts while supplies last.

COST TO REGISTER:

Half Marathon (before Aug. 1st) - \$40.00
Half Marathon (after Aug. 1st) - \$55.00
5K Run (before Aug. 1st) - \$25.00
5K Run (after Aug. 1st) - \$35.00

PAYMENT:

Make checks payable to: Wicomico Tourism

Mail check and form to:

Wicomico Tourism
Attn: Michelle/Marathon
PO Box 2333
Salisbury, MD 21802

START & END:

Wicomico Youth & Civic Center, 500 Glen Ave.,
Salisbury, MD 21804

Registration, Packet Pickup & Expo: Sat., Sept. 11th
ONLY! 11pm-6pm. There will be no packet pickup on the day of the race!

Race held on: Sunday, Sept., 12th
Opening Ceremonies: 7:45am Marathon: 8am 5K: 8:30am

COURSE:

The 13.1 mile course is a flat, scenic loop that follows the Wicomico River through the Salisbury City Park and downtown Salisbury. Follow the Wicomico along Riverside Drive and make your way back to the finish via historic city neighborhoods. Experience all of Salisbury's "Hidden Treasures".

AWARDS:

HALF-MARATHON:

~ Cash Prizes to the Top Male & Female
~ Awards: Top 3 overall male & female finishers; top 3 in each age group: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 & over
~ All finishers will receive medal.

5K RACE:

~ Awards: Top 3 overall male & female finishers; top 3 in each age group as listed above.
~ All finishers will receive ribbons

ADDITIONAL INFORMATION:

Family and friends are welcome to watch the finish from the Wicomico Youth & Civic Center arena upper seating area.

T-Shirts to ALL pre-registered participants and on packet pickup day while supplies last.

All registered runners will receive admittance to the post-race meal held at the Wicomico Youth & Civic Center.

DIRECTIONS:

Wicomico County, Maryland and the Delmarva Peninsula rest at the crossroads of two major highways, making it easily accessible from every direction. U.S. Route 50 runs east to west while U.S. Route 13 travels north to south. Both routes will take you into the heart of Wicomico County, through the City of Salisbury, Maryland.

Hidden Treasures Half Marathon & 5K

SALISBURY, MARYLAND

September 12, 2010

FIRST NAME: _____ LAST NAME: _____

AGE ON RACE DAY: _____

ADDRESS: _____

CITY: _____ ST: _____ ZIP: _____

HOME PHONE: _____ CELL PHONE: _____

EMAIL: _____

EMERGENCY CONTACT: _____

PHONE #: _____

RACE ENTERED: _____ Half Marathon _____ 5K GENDER: _____ Male _____ Female

Male Shirt Size: _____ S _____ M _____ L _____ XL _____ 2XL

Female Shirt Size: _____ S _____ M _____ L _____ XL

I know that running a road race is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to my ability to safely complete the run. I assume all risks associated with running/walking in this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat or humidity, traffic and the condition of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting entry, I, for myself and for anyone entitled to act on my behalf, waive and release Wicomico Tourism, Wicomico County & the City of Salisbury, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the forgoing to use any photographs, motion pictures recordings, or any other record of this event for any legitimate purpose. In consideration of the safety of all RUN participants, no baby joggers, baby strollers, animals on leashes, skateboards or skates will be allowed in the half marathon or 5K Race.

Signature (Parent or guardian if under 18) _____

ALL ENTRANTS MUST SIGN WAIVER

Make Checks Payable To: Wicomico Tourism

**Mail check and form to: Wicomico Tourism, Attn: Michelle/Marathon
PO Box 2333, Salisbury, MD 21802**

DIRECTIONS TO WICOMICO COUNTY MARYLAND

DIRECTIONS FROM POINTS WEST

- ~ Take I-695 East
- ~ Take Exit 4 to merge onto I-97 South toward Annapolis
- ~ Take Exit onto US-301 North/US-50 East
- ~ Take the US-50 exit toward Ocean City
- ~ Continue on US-50 for 61 miles

Distances & Drives Times

Baltimore, MD - 107 miles / 2 hours 25 mins
Washington D.C. - 116 miles / 2 hours 30 mins
Pittsburgh, PA - 353 miles / 6 hours 15 mins

DIRECTIONS FROM POINTS SOUTH

- ~ Take Bay Bridge Tunnel North
- ~ Continue on US-13 until you enter Salisbury, Maryland

Distances & Drives Times

Richmond, VA - 224 miles / 4 hours 15 mins
Virginia Beach, VA - 134 miles / 3 hours
Williamsburg, VA - 171 miles / 3 hours 20 mins

DIRECTIONS FROM POINTS NORTH

- ~ Take I-95 South (Toll Road)
- ~ Take Exit 4A for I-95/DE-7 toward Mall Road/DE-1/Christina
- ~ Continue on DE-1 South (signs for DE-1 Dover & Beaches)
- ~ Merge onto US-13 South
- ~ Continue on DE-1 South
- ~ Take US-13 South

Distances & Drives Times

Atlantic City, NJ - 192 miles / 3 hours
New York City, NY - 175 miles / 4 hours 58 mins
Philadelphia, PA - 138 miles / 2 hours 45 mins
Wilmington, DE - 108 miles / 2 hours 15 mins