

# Middletown Knight Striders

[www.middletownknightstriders.weebly.com](http://www.middletownknightstriders.weebly.com)

Sunday, October 20th, 2019

Middletown Park (Coblentz Park - 7628 Coblentz Rd. Middletown, MD 21769 - but use the directions below to get to the appropriate parking area)

Registration: 11:30am - 12:30pm \$5.00 per athlete

(age groups are determined by age as of 12/31/19)

Course walk - 12:45pm

Awards: Medals for top 3, ribbons for 4<sup>th</sup> -15<sup>th</sup>, finisher ribbons for all else

Start time 1:30 for 6 & Under

Rolling schedule for 7/8, 9/10, 11/12, 13/14

**Note:** If there are too many athletes per age group the boys will start first followed one minute later by the girls. **The park has bathroom facilities (at the registration area) and porta-potties (on the far side of the park where the start is located).** However, there are no accommodations available for refreshments. Coaches, parents and athletes are encouraged to bring snacks & sufficient fluids (hot & cold) to meet their needs.

**Directions:** From 70W, take exit 49 for Middletown, left off the exit ramp to Alt 40 W, follow through town, right at Schoolhouse Drive, wind around past the high school and tennis courts into the park, left at the stop sign and right into the parking area by the pavilion. Parking is best at the top area as **registration is up there**. You will need to walk down the hill in the park to the far side of the park for the race start. Parking is limited on that side of the park and no parking is allowed in the grass along the road.

Contact: Alan Caldwell (301) 524-1551 Sara Caldwell (301) 534-1550 or [mtownknightstriders@gmail.com](mailto:mtownknightstriders@gmail.com)

Have fun, Run fast!

