



The Mtn Md Marathon Club  
presents  
the **inaugural** running of the low-key



**Resolution Run 2.62K**  
and half-mile kids' run  
at Country Club Mall, LaVale, Md.

**THURSDAY, Jan. 1, 2009, 10:00 AM**

**Rain, snow, ice, sleet or sun**

Course Records: Men – **Could it be you? (2009)**; Women – **Your name here? (2009)**  
Men's Masters – **Have you trained? (2009)**, Women's Masters – **How fast are you? (2009)**

Recognition to: (no duplication of awards)

\* Top finishers, (male & female); top Masters (male & female) \* Random drawing for prizes – all participants eligible.

Entry fee: **FREE** for Mountain Md Marathon Club members; \$3 for non-members. **Race-day registration only** beginning at 9:15 a.m. in front of AMC Theatres. No refunds.

Start and Finish: Near the front of AMC Theatres at Country Club Mall in LaVale, only a few miles from Interstate 68 and about 5 miles west of Cumberland.

Course is a single loop, 100 % paved, mostly flat **with one or two hills**. Use caution! Roads will not be closed.

Questions? Visit [www.mountainMDmarathon.org](http://www.mountainMDmarathon.org); email [run@mountainMDmarathon.org](mailto:run@mountainMDmarathon.org); call 240.522-0276

**2009 Resolution Run 2.62K & half-mile kids' run – Entry Form** [Form may be reproduced; please print]

Name: \_\_\_\_\_ Age (on 1/1/09): \_\_\_\_\_ Gender: F M

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

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Waiver and release: I recognize that participation in this activity may involve certain hazards. I understand that I should not participate unless medically able. I assume the risks associated with involvement in this activity, including but not limited to falls, contact with participants, effects of weather, and road and traffic conditions, these risks being known and appreciated by me. Having read this waiver release and considering the acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release the Mountain Maryland Marathon Club or its volunteers, J.J. Gumberg Co., Agent, and LaVale Associates, Country Club Mall or its officials, volunteers or agents, the County of Allegany, any and/or all sponsors and hosts, and their representatives and successors, from any claim of liability arising from my involvement in this activity.

**Signature (signature of parent/legal guardian if under 18):** \_\_\_\_\_