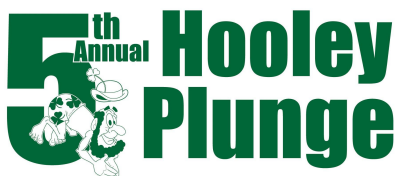


In conjunction with the



come warm-up for your dip
in Lake Habeeb with the first

Sponsored by Manheim Corp.
– The Total Building Solution



and by Western Maryland Timing
and TriStateRunnur.com

“Run for the Plunge” 5K run/walk at Rocky Gap State Park in Flintstone, Maryland

Saturday, March 7. Race starts at 9 a.m. Registration begins at 8 a.m.

A 5K (3.1-mile) out-and-back course in beautiful Rocky Gap State Park

Every penny of every participant’s entry fees benefit Allegany County Special Olympics and other programs that benefit the developmentally disabled. Looking for a creative way to raise your \$50 to qualify for the Plunge? This is it!

For more information visit www.mountainMDmarathon.org, call 240-522-0276 or email run@mountainmdmarathon.org.
Or complete this entry form and mail the form and payment to, payable to: Mountain Maryland Marathon Club, P.O. Box 227, Ellerslie, MD 21529-0227

Please PRINT NEATLY and fill out completely.

NAME _____ GENDER: M / F AGE on 3/7/09: _____ D.O.B. _____

SCHOOL _____ EMAIL _____

STREET ADDRESS _____

CITY _____ STATE _____ ZIP _____ COUNTRY (if not U.S.A.) _____

PHONE NUMBER: _____ T-Shirt Size: (check one) ADULT: M ___ L ___ XL ___

Entry fee schedule - no refunds: 5K Run for the Plunge - \$10 if received by Friday, March 6. \$15 on race day.

All entry fees will go to the Special Olympics of Allegany County and support the goal of raising \$100,000 this year in the 5th annual Hooley Plunge. Your entry fee can be counted towards raising \$50, which qualifies you to leap into Lake Habeeb for Allegany County Special Olympics!

Waiver should be read, understood and signed before mailing:

In consideration of this entry being accepted, I hereby for myself, heirs, executors, administrators, waive and release any and all rights and claims for damages I may have against the Mountain Maryland Marathon Club, race officials, and all sponsors and volunteers, of all claims or liabilities of any kind arising out of my participation in this event or while traveling to and from. I allow any photographs or materials from this event to be used to publicize this or future MMMC-sponsored events.

Signature Required

Date

(Parent's Signature if Under 18)

