



The Mtn Md Marathon Club
presents the 2nd annual running of the

SPRING IS HERE! 10K
in Cumberland, Maryland
SATURDAY, APRIL 4, 2009, 8:00 AM
rain or shine



Paved out-and back course on rolling country road.

Course Records: Men – Jaron Hawkins 33:59 (2008); Women – Maureen Hall 51:43 (2008)

Men's Masters – Tom Ruckert 41:24 (2008), Women's Masters – Maureen Hall 51:43 (2008)

Brittany Armentrout, a senior at Frankfort High School, has been invited to participate in the Down Under Sports International Games in Australia this July. Proceeds from the 2nd annual Spring is Here! 10K and half-mile kids run will help Brittany compete against international competition. Sponsorships and donations are currently being accepted. Photo by Steve Bittner / Cumberland Times-News.



Recognition to: (no duplication of awards)

- Top finishers, (m & f); top Masters (m & f) * Random drawing for prizes – all participants eligible.

Entry fee: FREE for Mountain Maryland Marathon Club members; \$3.00 for non-members. Race-day registration only from 7:00 a.m. to 7:45 a.m. No refunds.

Start and Finish: On Mason Road approximately 3.3 miles from the intersection of Mason and Naves Cross roads in southeast Cumberland, Maryland. Participants should park on the grounds of the Union Grove Campground beginning at 7 a.m. (*Note – the course is "flipped" from last year but still runs the same route, only the start/finish area is now at last year's turnaround spot).

Questions: visit <http://www.mountainMDmarathon.org>; email run@mountainMDmarathon.org or call 240.522-0276. No refunds.

2009 Spring is Here! 10K – Official Entry Form [Form may be reproduced; please print]

Name: _____ Age (on 4/04/09): _____ 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, 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): _____