



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

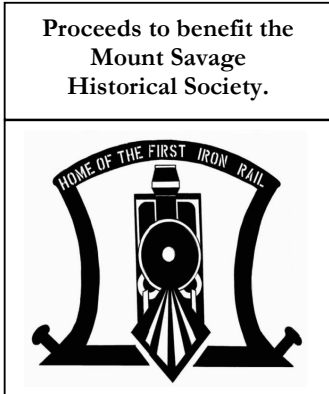
# IRON RAIL DAYS 5K and 1-mile run/walk

in historic Mount Savage, Maryland

SATURDAY, SEPTEMBER 18, 2010, 8 AM



Course Records: Men – Dan DeWitt (18:16.9) Women – Paula Bridges (24:52.3)  
Men’s Masters – Tom Ruckert (19:50.1) Women’s Masters – Barb Surgent (29:52.3)



**Recognition to:** (no duplication of awards)

\* Top finishers, (m & f) and Age groups (m & f): 9-ander, 10-12, 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-plus

**Entry fee:** \$18.00 for general public and \$15.00 for Mountain Maryland Marathon Club members if registered by Sept. 17 / (\$25 / \$22 on race day). Mail in this entry form to: **Iron Rail Days 5K, P.O. Box 227, Ellerslie, MD 21592** - or register on race day beginning at 7:30 a.m. at the Union Mining Company on Foundry Row. No refunds. Register by Sept. 5 to be guaranteed a shirt (which are offered on a first-come, first-serve basis. No re-orders).

**Come to run, stay for the Iron Rail Days celebration.**

**Course:** Run through Old Pioneer Park, cross Allegany Creek, and past the Mount Savage Museum, which features an interpretation of an iron worker’s home life in the 1840s. See [www.marathonclub.org](http://www.marathonclub.org) for course details.

**Questions:** visit <http://www.marathonclub.org>; email [run@marathonclub.org](mailto:run@marathonclub.org) or call 301-697-6035.

2010 Iron Rail Days 5K / 1.5-mile run/walk – Official Entry Form [Form may be reproduced; please print]

Name: \_\_\_\_\_ Age (on 9/18/10): \_\_\_\_\_ Gender: F M

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

Phone: \_\_\_\_\_ Email: \_\_\_\_\_ Shirt size: Kids: M L XL Adult: S M L XL

**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):** \_\_\_\_\_

