

Helmstetter's Curve Distance Run

Sunday, Nov. 8

Participant Number

(assigned by race personnel)

- * 1:15 p.m. start
- * Teams of up to 5 runners
- * A true **cross country** run on a private farm
- * Enjoy great food afterward!



Photo courtesy: The John Helmstetter Farm Fund - www.helmstetterfarm.org

First Name MI.

Last Name

Address

City

State ZIP

Day Phone

RIDE THE TRAIN?

Y N

CHOOSE YOUR EVENT

12K 6K 1.5 mile

Email

Team Name

Birthdate Age on 11/8/09 Gender (circle one) Male / Female

T-shirt Size: **Circle one** - we encourage asking for "one size up"
 Gender-specific for adult shirts
 YOUTH: Medium / Large ADULT: Medium Large X-Large



Waiver:
 In consideration of accepting entry for any of these events, I hereby, for myself, my heirs and executors, waive and release any and all claims that I may have against any and all persons and organizations affiliated with this event. This includes, but is not limited to, the Mountain Maryland Marathon Club, Allegany County government and all sponsors and private landowners while participating, traveling to or from the Helmstetter's Curve Distance Run start or finish line areas. I further attest that I am physically fit and have trained sufficiently for the event chosen.

Entry information:

* **Club members and runners ages 17-and-under:** \$18 if received/mailed on or before Oct. 24; \$12 afterward

* \$25 by Oct. 24 / \$30 for general public

* Entry fee includes performance event shirt, food on the grill and juices/softdrinks, accurately measured course, well-staged event and support for Mr. John Helmstetter.

* For an additional \$20, **RIDE THE TRAIN** from downtown Cumberland to the starting line and back!!!

Register Online go!

Mail entry/checks payable to:

Mtn Md Marathon Club

P.O. Box 227

Ellerslie, MD 21529



Signature of participant / date

Signature of Parent/Legal Guardian if under age 18

Go online to www.mountainMDmarathon.org for details