



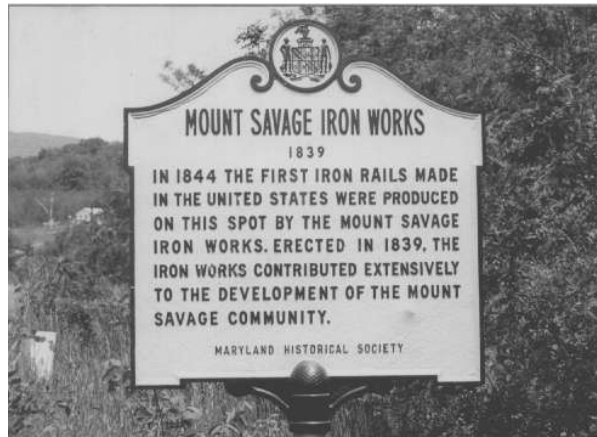
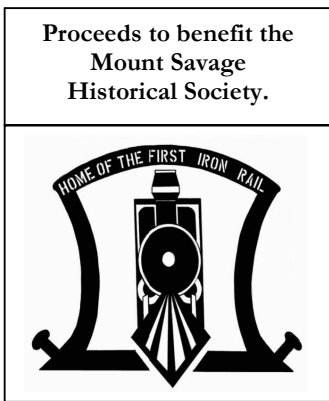
The Mtn Md Marathon Club  
presents the 1st annual running of the

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

in Mount Savage, Maryland  
**SATURDAY, SEPTEMBER 19, 2009, 8:30 AM**  
rain or shine



Course Records: Men – **Are you fast enough?** Women – **Can you win?**  
Men’s Masters – **Is your training sufficient?** Women’s Masters – **Is second place good enough for you?**



**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
- \* Random drawing for prizes – all participants eligible (must be present to win).

**Entry fee:** \$13.00 for general public and \$10.00 for Mountain Maryland Marathon Club members and entrants 12-and-under. \$15.00 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. Subtract \$3 if you do not want a race T-shirt

**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.mountainMDmarathon.org](http://www.mountainMDmarathon.org) for course details.

**Questions:** visit <http://www.mountainMDmarathon.org>; email [run@mountainMDmarathon.org](mailto:run@mountainMDmarathon.org) or call 240.522-0276.

2009 Iron Rail Days 5K / 1-mile run/walk – Official Entry Form [Form may be reproduced; please print]

Name: \_\_\_\_\_ Age (on 9/19/09): \_\_\_\_\_ Gender: F M

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

Phone: \_\_\_\_\_ Email: \_\_\_\_\_ Shirt size: Kids: S 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):** \_\_\_\_\_