



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

“Run for the Plunge” 15K and 5K run/walk
at Rocky Gap State Park in Flintstone, Maryland

Saturday, March 6, 2010

Registration and packet pick-up opens at 7 a.m.
15K run starts at 7:45 a.m.
5K begins at 8:30 a.m.

*Sponsored by Manheim Corp.
– The Total Building
Solution*



Proceeds benefit Allegany County Special Olympics and other programs that benefit the developmentally disabled.

For more information visit www.mountainMDmarathon.org / 301-697-6035 / run@mountainMDmarathon.org
* 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 3/6/10 _____ D.O.B. _____

EMAIL _____ T-Shirt Size: ADULT: ___ M ___ L ___ XL ___ XXL add \$2

STREET ADDRESS _____ PHONE NUMBER: _____

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

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

15K Run for the Plunge - \$12 if received by Friday, March 6. \$17 on race day.

Proceeds benefit the Special Olympics of Allegany County and support the goal of raising \$100,000 this year in the 6th 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)

