



Train Pull 7K
(4.36 miles)
Saturday
Sept. 26
6:55 a.m. start

First Name M.I.

Last Name

Address

City

State ZIP

Day Phone

PULL THE TRAIN with M3?

Y N

Participant Number

(assigned by race personnel)

Email

Train Pull Team Name

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

T-shirt Size: YOUTH: Medium Large ADULT: Medium Large X-Large



Entry information:

- * **M3 Club members and members of law enforcement:** \$7 if received/mailed on or before Sept. 19; \$12 afterward
- * \$12 by Sept. 19 / \$15 for general public
- * Entry fee includes memorable Train Pull 7K T-shirt, a fast second-half event, a well-staged event with an accurately measured course and support for your local Special Olympics organization.
- * Pull the train with M3 for only \$15 more
- * Mail entry to:
Mtn Md Marathon Club
P.O. Box 227
Ellerslie, MD 21529

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 Special Olympics Train Pull 7K start or finish line areas. I further attest that I am physically fit and have trained sufficiently for the event chosen.
Mail entry 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