



# DR. ROBERT ZIMMER MEMORIAL 5K RUN AND 1 MILE WALK



## Retrace Allegany College of Maryland's History from Start to Finish

*Saturday, March 10, 2012 at 9:00 a.m.*

**Proceeds to benefit the Allegany College of Maryland Foundation**

*The Course:*

Your choice of either a 5k run or 1-mile walk. Named after the first president of Allegany College of Maryland, Dr. Robert Zimmer, the 5k run will start at the original Allegany Community College location on Frederick Street in Cumberland. Runners will run 2 miles to the current Allegany College of Maryland campus on Willowbrook Road. The final mile will be around ACM's community track. The 1-mile walk will start and finish around ACM's 1-mile community track.

*Transportation:*

All runners are encouraged to park at the finish line (ACM Campus on Willowbrook Road). Transportation will be provided to the start line.

*Entry Fee:*

**Register early for the lowest price!** Cost is \$12.00 per participant on or before February 15, 2012. Price increases to \$15.00 per participant thru March 9, 2012; \$20.00 per participant on race day. **Long sleeve cotton shirts** will be given to all pre-registered runners and walkers and while supplies last on race day. All participants are encouraged to stay after the race for refreshments, awards and randomly drawn prizes. Day of registration, refreshments and awards will take place in ACM's College Center.

*Awards:*

Overall male and female winner and overall male and female master for the 5k race. Awards will be given to the top three 5k finishing runners in the following age groups:  
Women: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 & over  
Men: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 & over

*Registration:*

Registration to be held in ACM's College Center from 7:30 a.m. until 8:30 a.m.  
Make checks payable to: Allegany College of Maryland Foundation  
Mail Entries to: Allegany College of Maryland Foundation  
12401 Willowbrook Road, SE, Cumberland, MD 21502

Note: The amount of your contribution that is deductible for federal income tax purposes is limited to the excess of the amount contributed by you over the value of the goods and services that you receive. We estimate the value of your registration to be \$12 and, therefore, you may deduct any contribution in excess of that amount.

Name: \_\_\_\_\_ Age on 3/10/2012: \_\_\_\_\_  
Street Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Gender (circle one): M / F  
Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_  
Event (circle one): 5k run I-mile walk      Shirt Size (circle one): Youth L XS S M L

**Waiver of Liability/Media Release:** I hereby release from liability Allegany College of Maryland and its employees, Queen City Striders, RRCA, State Highway Administration, City of Cumberland and their employees, race volunteers, and anyone connected in any way with the "Dr. Robert Zimmer Memorial Run" for any injury or ailment resulting from my participation in the above stated race. I further state that I am aware that this race is a strenuous activity and I have prepared properly for my participation in it. In addition, I hereby give Allegany College of Maryland permission to use photographs and/or video footage with my name from this event to provide awareness to the public about the race and 50th anniversary.

Signature of runner/walker (or parent/guardian if runner/walker is under 18 years of age.) \_\_\_\_\_

Date \_\_\_\_\_

