



September 18, 2010

# Western Maryland Half Marathon & 5K Race

**NEW FOR 2010! WE'VE ADDED  
A 5K RUN AND HI TECH  
WICKING SHIRTS**

**REGISTER ONLINE:  
WWW.WESTERNMDHALF.COM**

**The Course** will begin at the Joseph Hancock Park, just off Main Street in the historic town of Hancock. The out and back course is flat and fast, paved, and runs around a scenic waterway. It allows participants to run west on the Western Maryland Rail Trail 6.6 miles (1.55 miles for the 5K), turnaround and complete the race near the start. **Course Record:** Douglas Oates 1:16:51 (2008)  
Laura Ramos 1:28:20 (2008).



**Awards** for the 5K and half marathon will be given to the first overall female and male finisher and the top three finishers in the following female and male age categories: 19 & under; 20-29; 30-39; 40-49; 50-59; 60+

**Proceeds from the Western Maryland Half Marathon & 5K Run will benefit Habitat for Humanity of Washington County.**

**Half Marathon Registration:** \$50 before Sept 5<sup>th</sup>; \$60 after Sept 5<sup>th</sup> and on race day

**5K Run Registration:** \$20 before Sept 5<sup>th</sup>; \$25 after Sept 5<sup>th</sup> and on race day

**Checks payable to:** Habitat for Humanity of Washington Co.

**Indicate on the check Memo line:** RACE 2010

**Return Registration Form & Check to:**

Diana Stone, Race Coordinator  
Habitat for Humanity of Washington County, MD  
100 Charles Street  
Hagerstown, MD 21740

**Questions:** wmdhalf@gmail.com or 301-791-9009

**Important Details:**

- \*Packet pickup at 6:30am; Race begins at 8:00am.
- \*Pre-registrants guaranteed race shirt.
- \*Race day registration welcome.
- \*Limited shirts available to late registrants.
- \*Race packet pick-up ONLY on race day.
- \*Awards presentation and refreshments follow race.
- \*Running with head phones is discouraged.
- \*Must be courteous of others using the Rail Trail on race day.

**Directions from the Interstates:** From 70 Eastbound, take Exit 1 and from I-68 take Exit 82A. From 70 Westbound take Exit 3 or from I-68 take exit 82A.

**Parking:** Some street parking is available near the Joseph Hancock Park and additional parking is located within a short walking distance of the park at the following locations: Hancock Station on Main St. and behind Weaver's Restaurant at 77 West Main St.

**Half Marathon & 5K Registration**

**Registering For (Check one):**    Half Marathon    5K

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

\_\_\_\_\_

**Phone** \_\_\_\_\_

**Email** \_\_\_\_\_

**Age on race day** \_\_\_\_\_    **Male**    **Female**

**Date of Birth:** \_\_\_\_\_

**Preferred Shirt Size:**  
Small    Medium    Large    Extra Large

**RELEASE & CONSENT FORM:** In consideration of the acceptance of my entry/my child's entry, I for myself or my child, our executors, administrators, and assignees do hereby release and discharge the organizers of this race and all other sponsors and organizers of all claims and damages, actions whatsoever in any manner arising out of my/my child's participation in said athletic event. I attest and verify that I have full knowledge of the risks involved in this event and I am/my child is physically fit and sufficiently trained to participate in this event. Further, I hereby grant full permission to any and all of the foregoing to use my/my child's name, photographs, videotapes, motion pictures, recordings or any other record of this event for any legitimate purpose without compensation or remuneration.

Athlete Signature (parent/guardian must sign for runners under 18): \_\_\_\_\_