

MAKE THE MAC HALF MARATHON & 2 PERSON RELAY YOUR SPRING RACE IN 2010

**It's flat, fast and fun!
Plus it's on the scenic and beautiful NCR Trail.**

Baltimore's Original Spring Half Marathon and Relay Benefiting "The House of Ruth"



**Saturday, May 8, 2010
8:00am
NCR Trail in
Freeland, MD**

MAC
Achieve Wellness

Helping out women on Mother's Day Weekend

**Register Early! Space is limited to 250 participants.
Contact Neal Kopasek at 410.453.9111 ext. 1638 or nkopasek@macwellness.com.**

SEE BACK OF THIS FORM FOR RACE FAQ'S & DIRECTIONS.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____ Age: _____ Sex: _____

Email Address: _____ Phone: _____

T-shirt size: S M L XL

Before March 1: (please check one) Member \$40 _____ Non-Member \$50 _____ Member Relay \$60 _____ Non-member Relay \$70 _____
(Can combine and break down prices for mixed category relay teams)

After March 1: (please check one) Member \$50 _____ Non-Member \$60 _____ Member Relay \$70 _____ Non-member Relay \$80 _____
(Can combine and break down prices for mixed category relay teams)

If Relay Team, name of 2nd runner: _____ T-shirt size: S M L XL

(Pay by cash, charge, MAC account or check – please make checks payable to The Maryland Athletic Club)

Mail to: Maryland Athletic Club, c/o Neal Kopasek, 110 W. Timonium Rd., Timonium, MD 21093

In consideration of the acceptance of my entry, I for myself; my executors, administrators and assignees do hereby release and discharge the Maryland Athletic Club & Wellness Center, sponsors, volunteers & race director of all claims of damages, demands, actions, whatsoever in any manner arising out of my participation in said event. I attest that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in this event.

SIGNATURE (Parent's if participant is under 18) _____ Date: _____

SIGNATURE 2 (If participating with relay partner) _____ Date: _____

RETURN THIS PORTION

RACE FAQ's

What kind of course is it?

Basically flat but a very slight decline out and so a very slight incline back.

What are the legs of the relay?

The first leg will be about 5.7 miles from Freeland to Parkton and the 2nd leg is 7.5 miles from Parkton to the turn around back to Freeland.

Will there be shuttle transportation for the relay legs?

Yes.

Is there parking there and/or overflow parking?

Yes, there is on sight parking at the start and an overflow parking lot with shuttle service to and from.

Are there water stops on the course?

Yes. There will be water at miles 3, 5.7 (the relay exchange), 7.5, and 10.

Are there awards?

Yes, every half marathoner gets a nice medal and there are prizes for the first 3 men and women and the first 2 relay teams. There is a separate category for MAC staff. The prizes are yet to be determined but examples are substantial gift certificates to Falls Road Running store, local team (Ravens/Orioles etc). apparel etc.

Spot-O-Pots?

Yes, at the start at Freeland and there is one at miles 3 and 10.

Will there be medical care?

Yes. All race volunteers, water stop/cross street personnel, course jockeys are CPR certified and a local EMT motor unit will be on the course.

DIRECTIONS

From York Road

Take York Rd. (route 45) to Freeland Rd. and make a left. Follow Freeland for 1.7 miles, the parking lot is on the right. If needed, overflow parking with a shuttle will be available.

From 83

Take 83N to exit 36. At end of the exit, make a right. Take that road until it ends at York Rd. and then make a right. Take York to Freeland and make a left. The parking lot is 1.7 miles on the right. If needed, overflow parking with a shuttle will be available.