



Alexandria Running Festival Half Marathon Sunday, May 2, 2010 - 7:00 am



Enter early at www.mc-coop.org/arf and save \$10!



**2010 RacePacket
GrandPrix Series**

- Course • Flat – Fast – Eisenhower Corridor
 - Swap • Memorable t-shirt
 - Goodie bag with full of samples, coupons & gift certificates
 - Pre-Race • Packet pick-up Saturday, May 1, 2:00-6:00 PM at Alexandria Hilton, 1767 King Street (703-837-0440)
 - College of Running – Great seminars on a variety of running topics
 - Race-Day • Packet pick-up Sunday, May 2, 5:30-6:45 AM at Hoffman Building on Eisenhower Avenue, 206 Swamp Fox Road
 - Timing • Marathon Charity Cooperation's lightweight IPICO shoe tags – get tag on race morning – return it after the race
 - Post-race • Refreshments courtesy of sponsors, medals, and presentation of awards
 - Awards • \$250 to 1st, \$150 to 2nd, \$100 to 3rd overall M/F; gift certificates to 1st, 2nd, 3rd by 10-year age-group M/F
 - Benefactors • [Marathon Charity Cooperation](#) and its charitable partners
 - Open to • Runners of all levels of ability who can cover the course in less than 3 hours
 - Field Limit • 1500 Half-Marathoners
- For more information, write events@mc-coop.org or call 703-927-4833

ALEXANDRIA HALF MARATHON • REGISTRATION FORM

Make checks payable to **MCC • 2776 South Arlington Mill Drive #246 • Arlington VA 22206**

By entering this event, I agree, warrant and covenant as follows: I know that running is a potentially hazardous activity. I should not enter or run in competitive runs unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release Marathon Charity Cooperation, RRCA, USATF, City of Alexandria, and all sponsors of this event, their directors, officers, employees, agents, representatives, and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I acknowledge that the application fee shall be non-refundable. I agree that the organizers of this event may use my name and likeness for publicity purposes.

Signature _____ (parent or guardian if under 18)

Name _____ Gender [] (M | F) Age on 5/2/2010 [] []

Address _____ Birthday ____ - ____ - ____ (mm-dd-yyyy)

City ST ZIP _____

E-mail _____

Phone ____ - ____ - ____ T-shirt [] (S | M | L | XL | XXL)

Enclosed is my entry fee, payable to **MCC**

MEMBERS OF MCC [including those who join on this form]	NON-MEMBERS
[] \$70 by April 30, 2010	[] \$80 on April 30, 2010
[] \$80 on May 1, 2010 at packet pickup	[] \$90 on May 1, 2010 at packet pickup

[] Enclosed is an additional tax-deductible donation

\$ ____ to MCC

\$ ____ to MCC partner charity _____

OPTIONAL: MCC Membership Application – Join MCC and save \$10 on each of our programs and races

MCC Mission: Marathon Charity Cooperation (MCC) is a non-profit corporation organized as a charitable and educational foundation for the benefit of the public both locally and globally. The MCC mission includes funding a cooperative of non-profit member-charities who both benefit from and contribute to the events hosted. Our events provide opportunities for personal and professional growth in addition to education of the public.

[] I apply for 2010 membership in Marathon Charity Cooperation. Enclosed is my check to MCC for \$10

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