

Join Marathon Charity Cooperation's 2010 Winter Training Program (WTP)

www.mc-coop.org/training

Train for a marathon or stay fit through the winter with **Coach Alvin Gunkel**

Saturdays at 9 am • January 9 through April 24 • Locations to be announced

- \$85 – Non-members of MCC
- \$75 – Members of MCC or its partner charities
 - **No fund-raising – Just training and fun**
 - For beginning, intermediate, and advanced marathoners
 - Meet new people and enjoy supported training runs
- Includes support for “Penguins” – runners whose goal is to have the courage to START
 - You can use this program for any of these marathons:

<ul style="list-style-type: none"> • Lower Potomac River Marathon • Shamrock Marathon 	<ul style="list-style-type: none"> • SunTrust National Marathon • Boston Marathon 	<ul style="list-style-type: none"> • Flying Pig Marathon • Frederick Marathon
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- Kick-Off Meeting: Saturday, January 9, 9 AM, Walter Reed Community Center, 2909 16th Street South, Arlington VA
 - Directions: From I-395, take Glebe Road (VA-120) north. Turn half-right at Walter Reed Drive. Turn right at next street, 16th Street South. Walter Reed Community Center is on the left. Parking is free.
 - From Arlington Blvd. (US-50), take Fillmore Street south. At 7th Street, Fillmore becomes Walter Reed Drive. Cross Columbia Pike. Turn left at 16th Street South. Walter Reed Community Center is on the left. Parking is free.
- Workouts every Saturday, January 16 to April 24, at 9:00 am, locations to be announced

Registration Form & Waiver

Please read and sign this registration form and waiver. By registering for this training program, you accept the terms listed in this waiver.

I, for myself, as well as for my heirs, executors, administrators, trustees, and assigns, hereby waive and release any and all rights and claims for any fatality, injuries, and/or damages, including but not limited to demands or actions for negligence, premises liability, emotional injury, intentional conduct, tort claims, and any other actions of demands of whatsoever nature I have or may have in connection with my participation in this training program, including Alvin Gunkel, Marathon Charity Cooperation, Chesapeake Bay Running Club, Greater Washington Sports Alliance, and their contractors, employees, officers, directors, agents, volunteers, and representatives; Arlington County and Fairfax County and their elected officials, employees, contractors, and representatives; National Park Service and Northern Virginia Regional Park Authority, its officials, employees, contractors, and representatives; and all sponsors of this training program and their contractors, employees, officers, agents, volunteers, and representatives; and otherwise agree to hold these entities harmless. I acknowledge that I am aware of the inherent risks (physical and otherwise) involved in these events, and I voluntarily assume these risks. I attest and verify that I am physically fit and I have sufficiently trained for the completion of this training program and that my physical condition has been verified by a licensed medical doctor. Further, I hereby waive any rights to and grant full permission to any and all of the foregoing entities to use my name, my voice, my picture, or my likeness in any broadcast, telecast, transmission, advertisement, promotion or other account of these events for any purposes whatsoever. I understand that my registration fee is non-refundable and non-transferable and that Marathon Charity Cooperation reserves the right to reject any entry and to change the details of this training program without prior notice.

	_____ Signature	_____ Date
Name _____	M / F [__]	
Address _____		
City, State, ZIP _____	Phone _____	
E-mail _____		
Birthdate ____ - ____ - _____	# of Previous Marathons ____	Best marathon, if any ____ : ____ When? ____

Enclosed is my registration fee: <input type="checkbox"/> Complimentary first session (sign in) <input type="checkbox"/> \$85 – MCC Members (use form below to join MCC) <input type="checkbox"/> \$75 – Non-members	Which marathon(s) will you run? <input type="checkbox"/> None – I’m just enjoying the training <input type="checkbox"/> Lower Potomac River <input type="checkbox"/> SunTrust National <input type="checkbox"/> Full <input type="checkbox"/> Half <input type="checkbox"/> Shamrock <input type="checkbox"/> Frederick <input type="checkbox"/> Flying Pig <input type="checkbox"/> Full <input type="checkbox"/> Half <input type="checkbox"/> Boston <input type="checkbox"/> London <input type="checkbox"/> Other _____
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<p align="center">OPTIONAL: MCC Membership Application – Join MCC and save \$10 on each of our programs and races</p> <p>MCC’s Mission: Marathon Charity Cooperation (MCC) (formerly Arlington Cooperation Foundation) 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 serving people of all ages.</p> <p><input type="checkbox"/> I apply for 2009 membership in Marathon Charity Cooperation. Enclosed is my check to MCC for \$10</p>

Please make checks payable to MCC, 2776 South Arlington Mill Drive #246, Arlington VA 22206