



Revenge of the Penguins 10-Miler and 20-Miler



Saturday, September 18, 2009 -- 8:00 AM

Carderock Recreation Area on the C & O Canal Towpath

- Run the only 20-mile race in the DC area with **no time limit!** Perfect training for fall marathons and charity fundraisers
- **Directions:** From I-495, take Exit 41 north of American Legion Bridge in MD. Bear left on exit ramp and turn left onto westbound Clara Barton Parkway. After a mile, take first exit on right, Carderock / Naval Surface Warfare Center. Turn left on bridge. Cross over parkway. Follow sign to Carderock. Go through tunnel under C&O Canal Towpath, and go about 0.3 mi. to a T-junction. Parking is free but spaces are limited, so please carpool.

Bathrooms are at parking area. Totally flat gravel course:

- From Carderock to past Mile 12 to near Mile 7 and back for 10 miles
- From Carderock to past Mile 12 to near Mile 2 and back for 20 miles

- **Low entry fees!**
 - \$30 by August 31
 - \$50 by September 17
 - No race-day registration
- Enter on-line at www.mc-coop.org/penguins
 - \$40 by September 10
 - \$60 on September 17 at packet pickup at Georgetown Running Company)
 - \$10 discount for members of MCC or its partner charities
- **Limited to first 350 entrants**
- **High-quality sports shirt!**
- **Convenient packet pick-up!**
 - Friday, Sept. 17 – 2-5 PM - Georgetown Running Company, 4461 Willard Ave, Chevy Chase MD (301-215-6355)
 - Saturday, Sept. 18, 7:00 to 7:45 AM - Carderock Recreation Area – pick up your timing tag on race day
- We welcome sponsors, and we will provide your samples and brochures to all our participants.
- Please write us at events@mc-coop.org or call 703-927-4833
- **Awards** to top 3 overall + top 3 19 & under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+, M/F, in both 10M and 20M
- ACF uses lightweight IPICO timing tags affixed to your shoe, pick up on race day only
- Full results at www.mc-coop.org/penguins after the race

Mail to **MCC • 2776 South Arlington Mill Drive #246 • Arlington VA 22206**

- \$30 by August 1 \$40 by September 10 \$50 by September 17
 \$60 on September 18 at packet pickup (if spaces are available)

Members of MCC may take a \$10 discount from the above prices -- see below

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, Princeton Running Company, National Park Service, RRCA, USATF, and all sponsors, 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 Arlington Cooperation Foundation may use my name and likeness for publicity purposes.

Signature (parent or guardian if under 18) _____

Name _____

Address _____

City ST ZIP _____

Phone _____-_____-_____

E-mail _____

Gender (M | F) Age on 9/18/2010 _____ Birthday _____-_____-_____ (mm-dd-yyyy)

T-shirt (XS | S | M | L | X | XX) Event 10 mile 20 mile

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

MCC's 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 serving people of all ages.

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