
**Mt. Vernon Hash House Harriers' Annual General Meeting: 2006
Fred"Rock", MD April 28 – 30, 2006**

Friday: Check-in at the Holiday Inn and Relax at the Hashpitality Suite, Take a Shuttle Downtown for Dinner and Join your Fellow Hashers for a Pub Crawl through downtown Fred"Rock"'s collection of bars (Pay your own way). Shuttle or Taxi Back to the Hotel

Saturday: Wake-Up and Recover from Friday Night, Check-in, Run Trail, Have Lunch and Enjoy a Leisurely Afternoon in the Park. Get back to the Holiday Inn and Shower, and the Dinner Banquet.

Sunday: Crawl out of Bed if You Can and Run the Recovery Trail, then Go Home.

Hash Hotel: Holiday Inn: Fort Detrick, 999 W. Patrick St, Frederick, MD, 21702
45 Rooms Blocked for Reservations until March 31st at \$79.00 per night. Holiday Inn Reservation Code: MVR

Registration Fee: \$55 postmarked before March 31st. \$65 beginning April 1st (No Foolin, \$65 beginning April 1st)

CHECKS PAYABLE TO "MT. VERNON HHH"

Give Registration & Check to:

Fernando "Poop Deck" Omega, 13913 Waterflow Pl, Centreville, VA 20121

MT VERNON HASH HOUSE HARRIERS AGM 2006

Hash Name _____ **Home Hash** _____

Nerd Name _____ **Date of Birth** _____

Address _____ **Email** _____

_____ **Telephone** _____

I recognize that hashing can be a dangerous activity with certain unknowable risks that cannot be prevented with the exercise of due care. Still, Assuming all risks, foreseen or not, I voluntarily undertake to participate in the Mt. Vernon Hash House Harriers' (MVH3) Annual General Meeting (AGM) in Frederick, MD. I waive all recourse, for myself and for anyone else, against the MVH3 (collectively or individually), the Holiday Inn, Gambrill State Park, and all venues, vendors, providers, organizers and participants in the AGM, for any injury or harm arising from my participation in the AGM. I'm an adult, and I recognize that if I get lost or my feelings get hurt or suffer any harm, loss or injury during the AGM or on my way to or from the event, **if I get hurt it's my own damn fault.** If applicable law voids any part of this waiver, unaffected provisions remain valid.

Signature: _____ **Date:** _____

Mt. Vernon Hash House Harriers' Annual General Meeting: 2006 Fred"Rock", MD April 28 – 30, 2006

Hash Hotel and Base Camp:

Holiday Inn: Fort Detrick, 999 W. Patrick St, Frederick, MD, 21702

45 Rooms are blocked for Reservations at \$79.00 per night. These Rooms will be held until March 31st and then will be released to the public. The Holiday Inn Reservation Code is "MVR".

Registration Fee:

\$55 postmarked before March 31st. \$65 beginning April 1st (No Foolin, \$65 beginning April 1st)

Here's what you get: Cool Give-Away; Hashpitality Suite Refreshments at the Holiday Inn beginning Friday Afternoon through Sunday's Recovery Hash; Muffins, Fruit, and OJ Saturday and Sunday morning; Incredible AGM Trail and Lunch in Gambrill State Park and the AGM Dinner Banquet Saturday Night.

What to Do:

Friday: Take the afternoon off from work and drive up early to Fred"Rock", MD. Check out the local golf courses and wineries. There are also lots of antique shops in old town and the National Museum of Civil War Medicine is on Patrick Street in old town. Get to the Holiday Inn, check-in and relax at the Hospitality Suite. Take the Shuttle Downtown for Dinner and join your Fellow Hashers for a Pub Crawl through downtown Fred"Rock"'s collection of bars (Pay your own way). Shuttle or Taxi back to the Hotel.

Saturday: Wake-up and recover from Friday night with muffins, fruit and OJ at the Hashpitality Suite. Car-pool out to Gambrill State Park, Run Trail, Have Lunch and Enjoy a Leisurely Afternoon in the Park. Go back to the Holiday Inn and Shower and relax before the AGM Dinner Banquet at the Holiday Inn Banquet Room.

Sunday: Crawl out of Bed if You Can and Run the Recovery Trail or (for those gluttons for punishment) run the Frederick Marathon, and then Go Home.

How do I Sign-up?

Fill out the AGM registration form and make your checks payable to "Mt. Vernon HHH". Turn in your registration to Fernando "Poop Deck" Omega at the hash or mail it to Fernando "Poop Deck" Omega, 13913 Waterflow Pl, Centreville, VA 20121.

So what are you waiting for? Fill-out the registration form and turn it in before 31 March.

On-On to Fred"Rock".

Directions to the Holiday Inn-Ft Detrick: From the Beltway, take I-270 North towards Frederick for about 30 miles. When you get to Frederick, I-270N becomes US-40W. Follow US-40W and take exit 13B to continue on US-40W/W. Patrick St. Follow W. Patrick St and turn right at the light onto Baughman's Ln and turn right immediately into the Holiday Inn.