

**MVH3 Annual General Meeting  
April 17-19, 2009  
Kent Island, MD**

There was a gal named Milk Money  
Made from sugar and honey  
When elected to be in charge  
She became mean old Large Marge  
And her demeanor aint so sunny

Milk Marge has a Krusty Krew  
That would like to keep you in brew  
With several trails to run  
Oh my what fun!  
On Kent Island please join us do!

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MVH3s AGM is great  
60 clams by Feb 28  
Wait too long and you'll scream  
**70 clams by March 15**  
**Or wait till wallets steam**  
80 clams by April 17

**Saturday day run \$25 in advance**  
**\$30 clams on the day of**

Kent Island, Maryland

Holiday Inn Express  
1020 Kent Narrows Road  
Grasonville, MD 216388

Reservations: [www.hiexpress.com/kentisl-anpls](http://www.hiexpress.com/kentisl-anpls)  
1800 465 4329  
\$89.99 a night +taxes (max 4 /room)  
Group Code: RUN  
Deadline March 31 2009

# Got Crabs?



**Mt. Vernon Hash House Harriers' Annual General Meeting: 2009**  
**Kent Island, MD April 17 – 19, 2009**

**Friday:** Check-in at the Holiday Inn Express and Relax at the Hashpality Suite, walk to the Red Eye Dock Bar or Annie's and Join your Fellow Hashers for Crabs and a couple of Beers (Pay your own way). Walk or Stumble Back to the Hotel

**Saturday:** Wake-Up and Recover from Friday Night, Check-in, Carpool to the Start and Run Trail, Have Lunch and Enjoy a Leisurely Afternoon at the On-In. Get back to the Holiday Inn Express, Shower, and walk to Annie's for the Dinner Banquet.

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

**Hash Hotel:** Holiday Inn Express: Graysonville, 1020 Kent Narrows Road, Grasonville, MD 21638  
40 Rooms Blocked for Reservations until March 31st at \$89.99 (plus tax) per night. [Call (800) 465-4329 or log on to [www.hiexpress.com/kentisl-anpls](http://www.hiexpress.com/kentisl-anpls)] Holiday Inn Express Reservation Code: RUN

**Registration Fee:** Total AGM Weekend :\$60 if postmarked before February 28th. \$70 if postmarked by March 15<sup>th</sup>. \$80 for Day or Registration.

**Saturday Day Hash Only: \$25 in advance. \$30 on 18 April. (Includes Give-Away while Supplies Last)**

**CHECKS PAYABLE TO "MT. VERNON HHH"**

**Mail Registration & Check to:**

**Barbara "Milk Money" Bredehoft, 3000 Washington Blvd #609, Arlington, VA 22201**

**Or**

**Joanne "GPA" Gabor, 5008 N. 6<sup>th</sup> St, Arlington, VA 22203**



**MT VERNON HASH HOUSE HARRIERS AGM 2009**

**Hash Name** \_\_\_\_\_ **Home Hash** \_\_\_\_\_

**Nerd Name** \_\_\_\_\_ **Date of Birth** \_\_\_\_\_

**Address** \_\_\_\_\_ **Email** \_\_\_\_\_

\_\_\_\_\_ **Telephone** \_\_\_\_\_

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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 Kent Island, MD. I waive all recourse, for myself and for anyone else, against the MVH3 (collectively or individually), the Holiday Inn Express, 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:** \_\_\_\_\_