



Half Marathon + Family 5K



LOCATION

South Mountain Park
10919 S. Central Ave
Phoenix, AZ 85040

DATE

Saturday, October 24th, 2009

COURSE

Flat and fast loop on the canal and roads. Splits each mile, aid at 2,4,6,8, 9,10,11,12 miles on half, 1 & 2 on 5K. GU Brew Electrolyte Replacement and GU Gel will be used on the half course. The 5K course goes west into the park. The Half Marathon heads east out of the park with a turn-around at 40th Street. The Half Marathon and 5K courses are both USAT&F certified.

USAT&F CHAMPIONSHIP

This year's half marathon event will serve as the 2009 Arizona State Championship.

TIME

6:30 a.m. Packet pickup & race day registration opens
7:00 a.m. Warm Up with Erica Hoppin
7:30 a.m. Half Marathon
7:35 a.m. 5K Run, 5K Walk

ENTRY FEES

5K Run/Walk **\$28**, thru 9/24/09, **\$30** 9/25 - 10/23, Race Day: **\$34**
Half Marathon **\$55** thru 9/24/09, **\$60** 9/25 - 10/23, Race Day: **\$65**
"NoGoDaddy.com" entrant \$28, donation includes shirt only.
Post mark no later than 10/20/09

Be a "NoGoDaddy.com"

Can't make it to the starting line but want to support the Lincoln Family Downtown YMCA and the Strong Kids Campaign? Enter as a "NoGoDaddy.com", get a long sleeve shirt and support a wonderful program.

ONLINE REGISTRATION

Register online at www.GetSetAZ.com. Simply go to the October 24th, 2009 GoDaddy.com Half Marathon listing and click on the "Online registration icon. Online registration closes on Wednesday, October 21st at 12 Noon. A small additional processing fee is added to all online entries.

RESULTS

Complete Half Marathon and 5K over-all and age group results will be posted at: RacePlaceEvents.com by 6pm race day.

PRE-RACE PACKET PICK-UP

Friday, October 23rd, 10am - 6pm
Runner's Den, 6505 North 16th St. (16th St. & Maryland)

HALF MARATHON & 5K RUN AWARDS

Overall male & female winners and top 3 male and female in each of the 5-year age groups in the Half Marathon and 5K Run receive awards. 5K Walk is non-competitive but will be timed.

AGE DIVISIONS

11 & under, 12-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+

ALL ENTRANTS RECEIVE: Quality cotton long sleeve shirt, massage therapy, coffee, bagels, fruit, goodie bags.

RACE INFORMATION: GetSetAZ.com, Raceplaceevents.com, email race director Cynthia Rena at: crena@vosymca.org or call 602.212.6178

Make checks payable to: YMCA

CONTRIBUTING SPONSORS



DETACH

MAIL OR DELIVER TO: GoDaddy.com Half Marathon + 5K c/o Runner's Den, 6505 North 16th St., Phoenix, AZ 85016

Half Marathon
 5K RUN
 5K Walk
 NoGoDaddy.com (see description above)

LAST NAME

FIRST NAME

MAILING ADDRESS

CITY

STATE

ZIP CODE

E-MAIL

DAY PHONE

AGE (ON RACE DAY) SEX M F

BIRTH DATE

SHIRT SIZE S M L X XX

TOTAL ENCLOSED \$.00

CREDIT CARD NUMBER

Expiration Date

Monthly Donation \$.00

Please charge my monthly contribution to support the Lincoln Family Downtown YMCA Strong Kids Campaign! (C.C. for donations only, not entry fees)

In consideration of your acceptance of this entry, I hereby, for myself, my heirs, my executors and administrators, waive and release any and all rights and claims for damages I may have against the sponsors, GoDaddy.com, Inc, Lincoln Family Downtown YMCA, City of Phoenix, Raceplace Event Systems, USAT&F, coordinating groups, and any individuals associated with the event, their representatives, successors and assigns, and will hold them harmless for any and all injuries or illness suffered in connection with said event. I certify that I am in good physical condition and capable of participating in this event. Also, none of the above are responsible for the loss of personal items nor any other form of aggravation in connection with said event. I have been warned I must be in good health to participate in this event. In filling out this form, I acknowledge that I am an amateur in such events. I also give permission for free use of my name and picture in any broadcast, telecast or print media account of this event. In filling out this form, I acknowledge I have read and fully understand my own liability and do accept the restrictions. **This entry is invalid unless signed by participant.** If entrant is under 18 years of age, parent or legal guardian must sign below.