

# 2009 (24th Annual) Indy Runners Mini-Marathon Training Program Registration Form

Item	Price	Qty.	Total
Mini Training Program <i>(postmarked by Jan. 3rd, 2009)</i>	\$65		
Mini Training Program <i>(postmarked after Jan. 3rd, 2009)</i>	\$70		
Mini Training Program: Student <i>(postmarked by January 3rd, 2009)</i> Must show student ID at packet pick-up	\$35		
Mini Training Program: Student <i>(postmarked after January 3rd, 2009)</i> Must show student ID at packet pick-up	\$40		
Extra Training Program Shirt	\$20		
Indy Runners Running Hat	\$12		
<b>Total Enclosed</b>			

**Registration:**  
Mail: Send Registration Form and check to:  
**Indy Runners**  
P.O. Box 30617  
Indianapolis, IN 46230-0617  
Online: [www.indyrunners.org](http://www.indyrunners.org)

**On-site registration:** Tuesday, January 13, 2009 at Hinkle Fieldhouse.  
Mailed entries postmarked by 1/3/2009 and online entries received by 1/3/2009 are \$65 for the training program (\$35 for a student). Later registration including on-site registration is \$5 more.

*We will try our best to order enough shirts, but due to program popularity, we cannot guarantee shirt availability for registrations after January 3, 2009.*  
Long Sleeve Technical shirt  
Circle size: S M L XL XXL

**YOUR TRAINING PACE (minutes/mile):**  
Check one pace for assignment to the proper training group (you can change):  
Runner: [ ] 7:00 [ ] 7:30 [ ] 8:00  
[ ] 8:30 [ ] 9:00 [ ] 9:30 [ ] 10:00 [ ] 10:30  
[ ] 11:00 [ ] 12:00  
Walker: [ ] 14:00 [ ] 15:00

No refunds will be issued.

Name \_\_\_\_\_ Email \_\_\_\_\_  
Address/City/State/Zip \_\_\_\_\_  
Phone \_\_\_\_\_  
Birthdate \_\_\_\_\_  
University/School (if registering as a student) \_\_\_\_\_  
How many years have you done the Indy Runners Mini Training Program? \_\_\_\_\_



In consideration of the acceptance of this application, I, for myself, my heirs, assigns, executors and administrators, waive and release all sponsors and volunteers, Indy Runners, Inc. Butler University and its representatives from any and all claims for damages, demands and actions which may arise due to and all possible injuries incurred as a result of my participation in this event. I certify that I am physically capable of participation in this program.

Signature of Participant \_\_\_\_\_ Date \_\_\_\_\_  
Signature of Parent or Guardian if under 18 \_\_\_\_\_ Date \_\_\_\_\_

- ### Schedule
- Tuesday, January 13th, 6:00-7:30pm: Packet pickup and on-site registration at Hinkle Fieldhouse. Brief orientations every half hour. No official run or walk is scheduled although you may run or walk on your own
  - Tuesday, January 20th, 6:00pm (runners) / 6:00pm (walkers): First Official training run/walk (3 miles)
  - Tuesdays, January 20th through April 21st, 6:00pm (runners)/ 5:45pm (walkers): weekly training sessions, speakers, and consultations.

- ### 2009 Indy Runners Mini-Training Program Benefits
- Training and preparing for the Mini with over 350 other participants!
  - Multi-level training schedule allows you to train with others at your pace
  - Access to showers & lockers in historic Hinkle Fieldhouse will return for 2009 (you will need to provide your own lock)
  - Recovery snacks after every run/walk
  - FREE Pizza nights courtesy of Hot Box Pizza in Broad Ripple
  - Training routes include the historic Canal Towpath and Butler University campus
  - User-friendly training log to help you monitor your progress
  - Informative seminars with knowledgeable guest speakers
  - Commemorative technical wear shirts
  - Commemorative Indy Runner Socks
  - Opportunity for consultation with sports medicine professionals and experienced runners
  - Discounts at local running stores
  - 2009 Indy Runners club membership

### QUESTIONS?

Contact the Mini Marathon Training Program Director **Brian Cake** at [minitraining@indyrunners.org](mailto:minitraining@indyrunners.org) (preferred) or (317)876-7253

Now in our 24th year, the Indy Runners Mini Marathon Training Program continues... For beginning runners and walkers through the fastest competitors, the Indy Runners Mini Marathon Training Program has a training pace to help you achieve your goal for the 33rd Indianapolis Mini Marathon on May 2nd, 2009. Our training program groups similar pace runners and walkers for weekly runs. Every Tuesday night, participants will meet and start at Historic Hinkle Fieldhouse, led by experienced pacers along the scenic Canal Towpath. We will have 12 groups determined by pace. There will also be experienced trainers on-site to answer your questions after each run.

#### A Place For Every Pace

Indy Runners is a 501(c)3 not-for-profit member association that promotes personal fitness and health through running and walking activities including training programs, races, track workouts, fun runs and walks, and other social events. Membership is open to everyone, regardless of ability or age. This Mini Marathon Training Program and all other events put on by Indy Runners are run by an all-volunteer Board and Committee members.

Support our Sponsors!



**St. Vincent**  
SPORTS MEDICINE



**Dr. Mike Helms**

Register on-line at [www.indyrunners.org](http://www.indyrunners.org)



**24th Annual**  
**Indy Runners**  
**Mini Marathon**  
**Training Program**

Indy Runners  
P.O. Box 30617  
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