

For Serious Fitness and Great Social Fun, Train with Indy Runners

2010 INDY RUNNERS • RACERS • WALKERS MINI-MARATHON TRAINING PROGRAM REGISTRATION FORM

GOOD NEWS! YOUR ANNUAL MEMBERSHIP FEE IS INCLUDED IN THE MINI-MARATHON TRAINING PROGRAM REGISTRATION.

Registrant Information (please print)

FIRST NAME LAST NAME

 STREET ADDRESS 1

 STREET ADDRESS 2

 CITY STATE ZIP

 EMAIL ADDRESS (TO RECEIVE CLUB SOCIAL NEWS, SPECIAL DISCOUNT OFFERS, ETC.)

 TELEPHONE PHONE NUMBER THIS IS MY: (CHECK ONE) HOME WORK MOBILE

 DATE OF BIRTH (MONTH/DAY/YEAR)
 MALE FEMALE | RUN OR WALK | _____ : _____ ESTIMATED TRAINING PACE (MINUTES/MILE)
 ONE SHIRT IS INCLUDED IN FEE BELOW (ACTUAL STYLE AND COLOR MAY VARY FROM IMAGE AT RIGHT)
 SELECT DRI-FIT TECHNICAL TRAINING SHIRT SIZE XS S M L XL XXL



Design by www.madeUlook.biz
— Not actual Size :)

Fee Schedule SAVE \$10 AND REGISTER BEFORE JAN. 3, 2010.

(Select one of the following options)

- 2010 MINI-MARATHON TRAINING PROGRAM \$65
INCLUDES 2010 MEMBERSHIP FEE (JAN. – DEC. 2010)
- STUDENT MINI-TRAINING PROGRAM 40
FULL-TIME STUDENTS ONLY – TO QUALIFY STUDENT ID MUST
BE PRESENTED AT PACKET PICK-UP
- ADDITIONAL FAMILY MEMBER RATE * 50
ONLY FOR SPOUSE/SIGNIFICANT OTHER OR CHILD
(NOT REGISTERING AS A STUDENT). MUST RESIDE
WITH A REGISTERED PARTICIPANT PAYING FULL PRICE;
EACH FAMILY MEMBER MUST COMPLETE A SEPARATE
REGISTRATION FORM.

(Add the following extras to the program fee above)

- EXTRA 2010 MINI-TRAINING SHIRT (\$20 EACH X ____ = _____)
- INDY RUNNERS RUNNING HAT (\$12 EACH X ____ = _____)
- ADD \$10 AFTER JAN. 2, 2010**..... _____

TOTAL ENCLOSED** \$ _____

* IF CLAIMING ADDITIONAL FAMILY MEMBER RATE, WRITE NAME AND RELATIONSHIP OF PARTICIPANT PAYING FULL PRICE BELOW EACH MEMBER NEEDS TO COMPLETE A SEPARATE FORM.(COPY THIS FORM OR GO ONLINE FOR ADDITIONAL FORMS):

NAME: _____
RELATIONSHIP: _____

25th Annual Indy Runners • Racers • Walkers Mini-Marathon Training Program benefits include new friends, food, fun and more!

- Train with experienced pace group leaders
- Informative seminars
- Commemorative technical training shirt (see above) and Indy Runners socks
- Opportunity for professional sports medicine consultation and advice from experienced runners
- Recovery snacks and special pizza nights
- Discounts at local running stores
- Make new friends — train with over 350 people
- 2010 Indy Runners club membership
- Run safely—there is safety in numbers!
- Opportunities for additional group runs and walks every week; just visit the web site.
- Multi-level training schedule
- Access to showers & lockerroom in historic Hinkle Fieldhouse
- Historic canal towpath and Butler University campus routes
- User-friendly training log to help you monitor your progress

Get & Stay Fit & Have Fun!

Join us Tuesday evenings (January 19 – April 20, 2010). Walkers begin at 5:45 pm and runners start at 6:00 pm. Meet us at Butler University's Hinkle Fieldhouse located at 500 West 49th Street, Indianapolis, Indiana.

WAIVER I KNOW THAT RUNNING AND VOLUNTEERING TO WORK IN INDY RUNNERS CLUB RUNS, RACES, TRAINING PROGRAMS AND OTHER ACTIVITIES ARE POTENTIALLY HAZARDOUS ACTIVITIES. I AM MEDICALLY ABLE AND PROPERLY TRAINED FOR SUCH ACTIVITIES. I ASSUME ALL RISKS ASSOCIATED WITH RUNNING AND VOLUNTEERING, INCLUDING BUT NOT LIMITED TO FALLS, CONTACT WITH OTHER PARTICIPANTS, THE EFFECTS OF WEATHER, INCLUDING HEAT AND/OR HUMIDITY, CONDITIONS OF THE ROAD AND TRAFFIC ON THE COURSE. IN CONSIDERATION OF THE ACCEPTANCE OF MY APPLICATION, I WAIVE AND RELEASE INDY RUNNERS, INC. AND ALL OF ITS OFFICERS, MEMBERS AND SPONSORS; BUTLER UNIVERSITY; ROAD RUNNERS CLUB OF AMERICA; AND THE SUCCESSORS OF EACH ORGANIZATION; FROM ALL CLAIMS OF ANY KIND FOR DAMAGES ARISING FROM MY PARTICIPATION IN THESE ACTIVITIES, EVEN THOUGH THAT LIABILITY MAY ARISE OUT OF NEGLIGENCE OR CARELESSNESS ON THE PART OF PERSONS NAMED IN THIS WAIVER.

SIGNATURE _____

DATE _____

SIGNATURE OF PARENT/GUARDIAN (IF UNDER 18) _____ DATE _____

For complete information or to register online visit www.indyrunners.org

**MAIL FORM POSTMARKED BY JANUARY 2, 2010, WITH CHECK PAYABLE TO:
INDY RUNNERS, INC.
P.O. BOX 30617
INDIANAPOLIS, IN 46230-0617

ONLINE2010TP

REGISTER ON-SITE AT 6 PM, TUESDAY, JANUARY 19, 2010, AT HINKLE FIELDHOUSE.