



Present
The Tradition and Quality of Indiana's Oldest Road Race !!!

THE 40th ANNIVERSARY

Sam Costa

HALF MARATHON

and 4th Annual

QUARTER MARATHON

(sponsored by Mike Helms, DPM)

Saturday

March 28th,
2009

9am Race Start

Northview

Christian Life

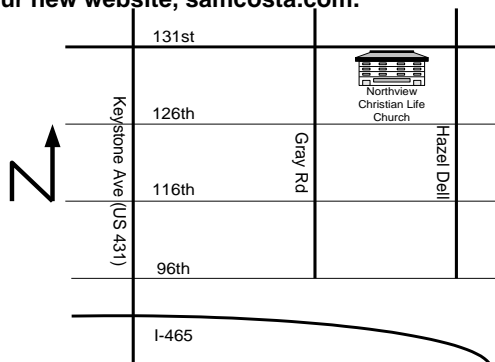
Church

Carmel, Indiana

» Location

Again for 2009!!! The race will start and finish at Northview Christian Life Church, Carmel, Indiana. The church is located at 5535 E. 131st, 2 miles east of State Road 431 (Keystone Ave.), and just west of the Hazel Dell Parkway/131st Street intersection.

COURSE..... Half marathon and Quarter marathon courses are the same for 2009. Enjoy winding rural roads and quiet suburban neighborhoods. See the course map online at our new website, samcosta.com.



» Entry Fee

Half Marathon entries received by March 17th will be \$30 for Indy Runner members and \$35 for non-members. **After March 17th, the entry fee will be \$50 for everyone.**

Quarter Marathon entries received by March 17th will be \$20 for Indy Runner members, 25 for non-members. **After March 17th, the entry fee will be \$40 for everyone.**

Options for 2009!!! Half Marathon Registrants choose between a short or long sleeve "Technical" shirt.

All Quarter Marathon registrants receive a short sleeve "Technical" shirt.

Additional Options for 2009!!! See below and go to samcosta.com for pictures of all "40th Anniversary" apparel.

ENTRY FORM

I know that running & volunteering to work in club races are potentially hazardous activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running & volunteering to work in club races including, but not limited to falls, contact with other participants, the effects of weather, including high heat &/or humidity, the conditions of the road & traffic on the course, all such risks being known & appreciated by me. Having read this waiver & knowing the facts, & in consideration of your acceptance of my entry, I, for myself & anyone entitled to act on my behalf, waive & release The Road Runners Club of America, Northview Christian Life Church, the City of Carmel, the City of Hamilton, the County of Hamilton, the State of IN, all sponsors, Indy Runners & their representatives & successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of persons named in this waiver.

Name _____
Address _____
City _____ State _____ Zip Code _____
Age _____ Sex _____ Phone _____

Registration & Awards

All runners should pick up packets and check in (or register) between 7 a.m. and 8:45 a.m. on race day. The race begins promptly at 9 a.m.

For the **Half Marathon**, there will be awards for the top 3 overall in the Open and Masters divisions. Age group awards will be distributed in approximate proportion to the number of pre-registered entries received by March 22nd. 5-year age groups start at **19 & under** and go to **75 & over**.

For the **Quarter Marathon**, there will be awards for the top 3 overall and the age group winners.

RECEIVE A DISCOUNT!

Join Indiana's largest running club and receive a reduced entry fee for this race. Visit the Indy Runners website at www.IndyRunners.org and download an application.

NEW WEBSITE FOR 2009 !

Go to samcosta.com for pre-race news updates and results.

TIME LIMIT FOR HALF MARATHON RACE COMPLETION

There is a **3 hour time limit** for completion of the "Costa". This equates to a 13:45 min/mile pace. We request you run the Quarter Marathon if you do not wish to maintain this pace, or faster, for the entire half marathon.

MAILING INFO

Entry fee must accompany entry. Make checks payable to Indy Runners & mail to :

Indy Runners c/o 5808 Princeton Place, Kokomo, IN 46902-5248

HALF MARATHON – LIMITED TO FIRST 1,000 ENTRIES!

- \$30 Indy Runner Member by 3/17 short long
 - \$35 Non-member by 3/17 short long
 - 40th Anniversary Sweatshirt, add \$18*
 - 40th Anniversary Baseball Cap, add \$15*
 - 40th Anniversary Knit Hat, add \$12*
 - 40th Anniversary Golf shirt, add \$25*
- *Available only to pre-registered entries received by 3/17
- \$50 for all after 3/17, short sleeve only, not guaranteed available on race day

QUARTER MARATHON – LIMITED TO FIRST 400 ENTRIES!

- \$20 Indy Runner Member by 3/17
- \$25 Non-member by 3/17
- \$40 for all after 3/17, shirt not guaranteed available on race day

SIZE (add \$3 for XXL)
(circle)

S M L XL XXL

Signature _____

Parent or Guardian if under 18