



Valpo Mini-Marathon
 April 11, 2009
 16525 W. 159th Street
 Suite 224
 Lockport, IL 60441



HRS Events Presents
 the

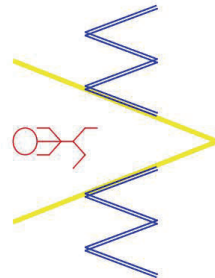
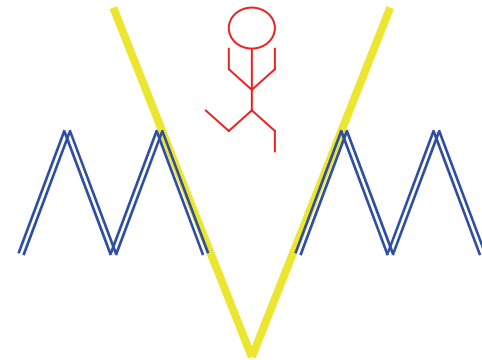
Valpo Mini-Marathon

April 11, 2009

7:30AM CST

Valparaiso, Indiana

www.valpominimarathon.com



2009 Official Sponsor
 The Human Race Sports
 58 W. Lincolnway
 Valparaiso, Indiana 46838
www.humanracesports.com



SANCTIONED EVENT



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Valpo Mini Marathon Saturday, April 11, 2009 Race Start 7:30AM CST



SANCTIONED EVENT

Registration

9/01/08-2/28/09 \$47
3/1/09-4/7/09 \$52
4/8/09-4/11/09 \$62
CARA/CRS deduct \$2.00
w/membership #

No packets will be mailed since race day pick-up is available.

Online registration is available at www.signmeup.com.

Please visit www.valpominimarathon.com for **DIRECTIONS, course map,**
and up to date info!

Packet Pick Up

Pick Up held each day at
Human Race Sports, Valpo, IN
PRE-RACE: 4/8/09-4/10/09
10AM-8PM

RACEDAY: 5:30AM

The Course

A fast, USATF certified, 13.1 mile course through the "Crossroads of America;" the race starts in historic downtown and tours the beautiful neighborhoods of Valparaiso. The course is mostly flat, but expect some rolling hills. The race will be supervised by police and volunteers to ensure a 15 minute per mile pace is maintained and to monitor participant safety. Water stops will be placed approximately every 2.0 miles. There will be an energy gel stop at the 4th aid station, and sports drinks at miles 5, 11, and 13.1. Bathrooms will be available on the course. Strollers, baby joggers, and headsets, (etc) are prohibited for safety reasons.

Awards

- Finisher's medals to all finishers
- Age group awards and Master's awards
- Champion Chip Timing
- Family Friendly Finish Area

Post-Race Party

Immediately following the event, complimentary food, beverages, and entertainment will be provided. There will be raffle drawings during the awards ceremony. Join us for the post race fun!



Event Director
www.hrsevents.com
815-836-2635

2009 Official Sponsor
www.humanracesports.com
219-465-5335

2009 Official Charity
www.humanracecares.org

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____ Gender: M / F (circle one)

Age day of race: _____ Date of Birth: _____

Clydesdale/Athena: YES / NO (circle one)

Email: _____

Running Club Affiliation and#: _____

Technical T shirt size: S M L XL (circle one)

WAIVER: For and in consideration of my participation in the Valpo Mini Marathon, 2009, I for myself, my executors, heirs, administrators and assignees, do hereby release the race property owner, race organizers, volunteers, officials, workers and sponsors jointly and separately, and save and hold them harmless from any and all legal fees, claims, demands, liabilities loss, damage, expense of whatever, land and nature including legal fees, which may at anytime be incurred by my preparation and participation in the event including pre and post race activities. I attest and verify that I have full knowledge of the risks involved in my participation in the event. I certify that I am physically fit and sufficiently trained to participate in the race. Finally, I grant permission to The Human Race and its authorized agents to use my name, photographs, videotapes, motion pictures and recordings or any other record of my participation in this event for any purpose.

NO REFUNDS, TRANSFERS or SUBSTITUTES
There will be a \$25.00 fee for returned checks.

Signature: _____

Signature of parent or guardian if under 18: _____

Date: _____

Please remit to and make checks payable to:

FOR OFFICE USE ONLY

Bib# _____

Cash / check _____

Check # _____

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