

# Holiday Half Marathon

and 8K Run

Saturday, December 12, 2009 at 8:30am



- Benefits:** Marine Toys for Tots Foundation—Everyone is encouraged to bring a new toy in its original wrapping to the race.
- Organized by:** Port City Pacers For more information contact PCP or Race Director: Jon Bowie at jnbowie@gmail.com
- Location:** Mullet Point Park. Take Scenic 98 south of the Grand Hotel to the intersection with County Road 1; Mullet Point Park is on the right
- Distance:** Half Marathon—USATF certified AL89007JD. Due to police restrictions, you must be able to complete the half marathon in three hours. After that time, there will be no police protection or race officials on the course.  
8K—USATF certified AL91026JD
- Registration:** Pre-register by mail (entries should be postmarked by December 5), in person at McCoy Outdoor until noon on December 10, or online (www.Active.com) until midnight December 9. Race day registration at the race site from 7:00 to 8:00.
- Entry fees:**
- |                |  |  |
|----------------|--|--|
| Pre-registered | 8K Upgrade to tech t-shirt ADD \$8 by Nov 10 | Half Marathon tech t-shirt included in pre-reg fee by Nov 10 |
| PCP members    | \$14   | \$22   |
| Non Members    | \$16   | \$24   |
| 18 and under   | \$10   | \$12   |
- Day of Race:**
- |              |      |      |
|--------------|------|------|
| Everyone     | \$18 | \$25 |
| With new toy | \$16 | \$23 |
- NO Shirt option: SUBTRACT \$7 from your total.**
- Awards:** Half Marathon: Top 3 M & F Overall, top M & F Masters, Grandmasters, Senior Grandmasters, and race walkers. Top 3 male and female in 5-year age groups.  
8K: Top M & F, Masters, Grandmasters, Senior Grandmasters, and race walkers. Top 2 M & F in 5-year age groups.
- \*Shirts:** PRE-REGISTERED BY NOVEMBER 10<sup>TH</sup> for TECH T-SHIRT. Race day registrants will receive cotton t-shirts as the supply lasts. Tech t-shirt for ½ Mar included in pre-reg (Nov 10) and UPGRADE for \$8 for 8K pre-reg (Nov 10)

If the weather is unseasonably warm or cold, use the customary racing precautions with which you should be familiar and take advantage of the water along the course. Stop running/walking and seek help if you stop sweating and feel nauseous or dizzy. If you see a fellow runner/walker who appears to be in trouble, please stop and help if you can.

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_

Address: \_\_\_\_\_ City, State & ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ PCP: Yes No Race Walker: Yes No

Distance: ½ Marathon 8K T-Shirt Size: S M L XL No Shirt 8K Upgrade to tech shirt - add \$8

E-MAIL ADDRESS: \_\_\_\_\_

I know that running a road race is a potentially hazardous activity that could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature I certify that I am medically able to perform this event, am in good health and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running or walking in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in the race and I will abide by these guidelines. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release PCP Pacers, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. **Results will be posted on a PUBLIC forum.**

Signature of Participant \_\_\_\_\_ Date \_\_\_\_\_  
(Parent/Guardian must sign for participants under 19)

Make checks payable to: **Port City Pacers**

Mail completed applications and fees to: **Port City Pacers, PO Box 6427, Mobile, AL 36660**