

YMCA Warm-up Runs

YMCA 5K • Saturday, August 7, 2010

5K Course

The YMCA 5K will begin across from the YMCA parking lot and head west on Court Street to Riverside Drive. Go left on Riverside to Waterworks Road and loop back on the opposite side of Riverside Drive to Main Street. Turn right on Main Street then left on Third Street. Follow Third Street to Sycamore and turn right. Take Sycamore to a left on Main Street. Take Main Street to a sharp left turn onto Vine Street. Follow Vine back to the finish next to the YMCA.

Sponsored By:



YMCA 10K • Saturday, September 11, 2010

10K Course

The YMCA 10K course is very similar to the 5K starting on Court Street to Riverside Drive. Go left on Riverside to Waterworks Road, go out Waterworks Road approximately 1.5 miles looping back on the opposite side of Waterworks to Riverside taking Riverside to Main Street. Turn right on Main Street then left on Third Street. Follow Third Street to Sycamore and turn right. Take Sycamore to a left on Main Street. Take Main Street to a sharp left turn onto Vine Street. Follow Vine back to the finish next to the YMCA.

Sponsored By:



5K and 10K course maps are available online or at the YMCA.

Warm-up Start Time

All warm-up runs will start promptly at 7:00 a.m. at the YMCA in downtown Evansville.

Warm-up Run Entry Fees

The registration fee for each individual warm-up run is \$17 for early entries and \$22 for late.

5K early entry fee deadline is July 30.

10K early entry fee deadline is September 3.

Make Checks Payable to:

YMCA of Southwestern Indiana, Inc., 222 N.W. 6th Street, Evansville, IN 47708

Registrations will be accepted at the Downtown YMCA until 6:00 p.m. the Friday before each event. Registration will also be available from 5:30 a.m. until 6:30 a.m. on race day at the YMCA.

Warm-up Packet Pickup

Participants may pick up their race packets the Friday before each event from 10:00 a.m. to 6:00 p.m. or on race day from 5:30 a.m. to 6:45 a.m. All "warm-up" packet pick up will take place at the Downtown YMCA.

Warm-up Run Awards

Trophies will be awarded to the overall male and female runners and walkers. Age group running trophies will be awarded to the top three participants in the male and female age groups. All fully paid participants will receive a commemorative shirt. The awards ceremony will be held at the YMCA gym immediately following each event.

Results & Timing

The entire field will be timed. Race results will be posted on the YMCA website at www.ymca.evansville.net immediately following each event. Participants will receive results via email if an email address is provided on your entry form.

Combined scoring and additional age group awards will be available for participants who register for the 5K, 10K and Half Marathon Series prior to Aug. 7. Registration for the Half Marathon plus warm-up runs is \$65 prior to July 26, \$75 after.

Evansville Half Marathon Presented By:



Additional Sponsors Include:



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YMCA of Southwestern Indiana, Inc.
222 N.W. Sixth Street
Evansville, IN 47708
www.ymca.evansville.net
812-423-9622

Our Mission: The YMCA of Southwestern Indiana, Inc., following the example of Jesus Christ, responds to community needs by serving all people, especially youth, through relationships and activities that promote healthy spirit, mind, and body.

The YMCA is a 501(c)(3) organization and is eligible to receive tax deductible contributions.

EVANSVILLE half marathon

Presented by:



10.10.10

evansvillehalfmarathon.org

Proceeds benefit the YMCA of Southwestern Indiana



We build strong kids,
strong families, strong communities.

Team 13 Training

Volunteer-led training will help participants prepare for the half marathon. Registration available online or at the YMCA. Informational meeting will be held July 10, 8:00 am at the Downtown YMCA. Training kicks off on July 13.

Kid's Half Marathon - Sponsored by Old National Bank

Saturday, October 9th at 4:30 pm

Participants are asked to complete 12 miles of running or walking prior to race day. On race day, kids will run the final 1.1 miles across the finish line. All participants will receive a Kid's Half Marathon race medal and t-shirt. Times will not be recorded. Check out the website for more information.

NEW FOR 2010! Series Corporate Challenge

Join your co-workers in competing in the series of races in an attempt to win the YMCA Corporate Cup. Awards given for most miles completed in the Series.

Half Marathon Date and Start Time

Sunday, October 10 at 7:00 a.m. (Central Standard Time)

Entry Fee

Half Marathon \$42 until August 20. From August 21-October 7, the Half Marathon fee will be \$55. On October 8 - 9, race weekend, registration will be \$65. (Half Marathoners interested in participating in the two warm up runs can do so for \$65 if registration is received by July 26 or \$75 after.) Entry fee is not tax deductible and is non-refundable. No race day registration.

Mail completed entry forms to: YMCA of Southwestern Indiana, 222 N. W. 6th Street, Evansville, IN 47708 Make checks payable to the YMCA of Southwestern Indiana. If you are not able to complete the race but would like to support the event, become a "phantom" runner. Make a contribution to help fund YMCA Youth Programs and receive a race shirt.

Transportation

Shuttle service from the finish area to the start will be available from four downtown locations: YMCA of Southwestern Indiana, Vectren, ONB parking garage and the Integra Bank Parking Garage, all within walking distance from the finish line. Shuttle service will begin at 4:45 a.m. and run approximately every fifteen minutes with the last shuttle departing at 6:30 a.m. You must have an official bib number to ride the shuttle service.

Pre-Race Interfaith Service

An interfaith prayer service will be provided by Center Point Community Church at 6:00 a.m. for all participants and supporters. This service will be conducted near the start line in the Reitz High School Gymnasium.

"...and let us run with perseverance the race marked out for us." – Hebrews 12:1

Packet Pickup and Expo

Half Marathon packet pickup will be held at Vectren, at the corner of Riverside and Court, from 11:00 a.m. – 6:00 p.m. on Friday, October 8 and from 11:00 a.m. – 7:00 p.m. on Saturday, October 9. Packet pickup will also be available from 5:30 a.m.– 6:00 a.m. on the Vectren Patio on Sunday, October 10th.

* Race day packet pick-up is not recommended *

Aid Stations

There will be one aid station at the start and one at the finish. There will be additional aid stations along the course (approximately every mile). In addition, ProRehab will provide medical assistance at various locations along the course.

*Due to safety concerns, no one under age 13 is permitted to participate in the Half Marathon.

Website: www.evansvillehalfmarathon.org

For additional information on accommodations, transportation, awards, schedule of events & online registration, please access the website.

Timing and Scoring

The IPICO timing system will be utilized. Participants will receive a race issued tag in their Half Marathon packet. The tag, attached to each runner's shoe, interacts with sensor mats at the start, finish and various locations along the course to provide an actual time. Participants are responsible for returning their issued tag after the race. A \$30.00 charge will be assessed if the tag is not returned. Each participant must wear a tag in order to receive a time. Official scoring will be provided by The End Result Co., Inc.

Awards and Premiums

All Half Marathon participants will receive an official t-shirt, bib number, and goodie bag. All participants who finish under 4.5 hours will receive a finisher's medal. The top 10 men and women finishers will receive special finishing awards, and age group awards will be given to the top 4 in each age category.

Course Information

This beautiful, scenic course starts atop Reitz Hill and winds down through Evansville. Highlights of the course are the view at Reitz Hill, The Greenway, Garvin Park, Bosse Field, Main Street, historic neighborhoods, and a riverfront finish. The 13.1 mile course is primarily flat. No strollers, bicycles, pets or headphones are allowed on the course. The course will officially close after 4 hours 30 minutes. Please be advised that portions of the course will remain open to traffic.

Area Events

The West Side Nut Club Fall Festival runs October 4 – 9. Enjoy the second largest week long street festival in the country. The Main Parade on Saturday, October 9, at 6:30 p.m. will showcase over 140 acts featuring marching bands, floats, clowns and many other entries. The festival also hosts nightly entertainment and over 120 food booths. For more West Side Nut Club Fall Festival information, please visit their website www.nutclub.org

2010 Entry Form

1 Check the Events You Are Entering

- \$42 Half Marathon Only (early until Aug. 20)
 \$55 Half Marathon Only (Aug. 21-Oct.7)
 \$65 Half Marathon Only Race Weekend (Oct.8-9)
 \$65 Half Marathon plus Warm-up Runs (prior to July 26)
 \$75 Half Marathon plus Warm-up Runs (after July 26)

- \$17 5K Only (until July 30)
 \$22 5K Only (after July 30)
 \$17 10K Only (until September 3)
 \$22 10K Only (after September 3)
 \$35 Phantom Runner

2 PLEASE REGISTER ME AS A

- Runner
 Walker (If you intend to run any portion of the course, register as a runner)
 Wheelchair
NO REFUNDS or TRANSFERS.

(All entrants in the Half Marathon will be listed in the same category.)

last name

3

first name

4

mi

5

For office use only

Chip Number

street address

6

apt. no

city

7

state

8

zip/postal code

9

date of birth

10

month

day

year

sex(m/f)

11

age

12

t-shirt size

13 (S | M | L | XL)

(CIRCLE ONE -FOR ORDERING PURPOSES ONLY. SHIRT SIZE NOT GUARANTEED)

daytime telephone number

14

evening telephone

15

16 For Payment By Credit Card (Visa® or Mastercard® only) Visa MC Acct. No.

Total _____ Signature of Cardholder _____

Expiration Date

employer (Required for Corporate Challenge participation)

17

e-mail address

18

Please check if you would prefer NOT to receive promotional offers from our event sponsors.

WAIVER. I know that running or walking a road race is a potentially hazardous activity. I should not participate unless I am medically able and properly trained. I also know that, although police protection will be provided, there will be traffic on the course route. I assume the risk of running into traffic. I also assume any and all other risks associated with running this event including but not limited to falls, contact with other participants, the effects of the weather including high heat and/or humidity, and the condition of the roads, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry, I hereby for myself, my heirs, executors, administrators or anyone else who might claim in my behalf, covenant not to sue, and waive, release and discharge the YMCA of Southwestern Indiana, all sponsors, the State of Indiana, City of Evansville, Vanderburgh County and Race Officials and volunteers, any and all claims of liability for death, personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of my participation in this event. This Release and Waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned further grants full permission to the YMCA, all sponsors and/or agents authorized by them, to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose. Application for minors will be accepted only with parent's signature. I agree to return the IPICO tag, failure to do so will result in a \$30 fee.

Participant Signature

Date

Signature of parent of participant under 18

Date