

## Register Today!

### Individual Registration

\$45 - Now thru July 31, 2010

\$50 - 8/1/10 until 9/11/10

\$60 – Race Day

### 2 Person Relay

\$70 – Now thru July 31, 2010

\$80 – 8/1/10 through race day



## On The Web:

[www.harrisburgymcaraces.com](http://www.harrisburgymcaraces.com)

Click this link for online registration [Active.com](http://Active.com)

*On line registration ends Wednesday, 9/8/10 midnight*

### Map Link:

<http://www.mapmyrun.com/run/united-states/pa/harrisburg/216125018446668939>

The course may change slightly again due to the use of City Island in 2010.

### By Mail:

Fill out and mail in the registration form below

### In Person:

Registration/packet pick up

Saturday, September 11, 2010 from 11:00 – 1:00 pm at the East Shore YMCA

### Race Day Registration/packet pick up:

Sunday, September 12 from 6:30 am - 7:45 am on City Island at the Carousel Pavilion.

### Runners:

Please be at the starting point on City Island by 7:50 am. Race begins promptly at 8:00 am.

### Walkers:

Report to registration at 7:00 am. Walkers will start at 7:15 am.

Rest rooms are located on City Island. For those wishing to shower, the facilities at the YMCA will be open through 4:00 pm on the day of the Half Marathon.

Water stations will be available approximately every three miles. Food and Drink will be available for runners following the race. Limited first aid will be available at the Carousel Pavilion on City Island. EMT services will be available.

The East Shore Branch YMCA will publish complete results at

[www.harrisburgymcaraces.com](http://www.harrisburgymcaraces.com)

## Capital Blue Cross Half Marathon 2010

Notice: Please read carefully and print all information.

No refunds. Make checks payable and mail to East Shore YMCA 701 N. Front Street Harrisburg, PA 17101, Attn: Chad Krebs.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_ Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_ T-Shirt Size: **circle one** - S M L XL

Email Address: \_\_\_\_\_

Sex: \_\_\_\_ Age(on 9/12/10): \_\_\_\_ D.O.B. (mm/dd/yy) \_\_\_\_\_

### Person # 2 (for relay only)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_ Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_ T-Shirt Size: **circle one** - S M L XL

Email Address: \_\_\_\_\_

Sex: \_\_\_\_ Age(on 9/12/10): \_\_\_\_ D.O.B. (mm/dd/yy) \_\_\_\_\_

**Walkers: Please check if you are a walker** \_\_\_\_\_

Entry Fees: \$45.00 if postmarked no later than 7/31/10, \$50.00 from 8/1/10 until 9/11/10. Race Day registration will be \$60.00. \$70.00 for relay teams through race day. Limited availability of shirts for late entrants.

Awards will be given for Overall Open and Masters for males and females. Five year age groups for males to age 60 and 65 and over. Five year age groups for female to age 60 and 65 and over. \$250.00 prize money will be awarded to the top male and female finishers. Awards Ceremony will begin approximately 11:15 a.m.

**WAIVER:** In consideration of the acceptance of this entry, I waive all claims for myself; my heirs and assigns against the sponsors, co-operating and coordinating groups and any individuals associated with the event and will hold them harmless for any and all injuries or illness which may result from my participation in this race. I also hereby give permission to the media to use my name and/or pictured in any newspaper, broadcast, telecast or any other account of this event, without limitation, and without any obligation of anyone to compensate me further therefore.

Signature: \_\_\_\_\_

Signature:(Relay only) \_\_\_\_\_

Date: \_\_\_\_\_

Parent's Signature (If less than 18): \_\_\_\_\_