

October 23rd  
2010

42nd Annual  
**Lincoln Family Downtown YMCA  
Half Marathon + 5K Walk & Run**



**LOCATION**

South Mountain Park  
10919 S. Central Ave  
Phoenix, AZ 85040

**RESULTS**

Complete Half Marathon and 5K over-all and age group results will be posted at: RacePlaceEvents.com by 6pm race day.

**DATE**

Saturday, October 23rd, 2010

**PRE-RACE PACKET PICK-UP**

Friday, October 22nd 10am - 6pm  
Runner's Den, 6505 North 16th St. (16th St. & Maryland)

**NEW COURSE**

Out and Back course all on roads within the park. Splits each mile, aid at 2,4,6,8, 9,10,11,12 miles on half, 1 & 2 on 5K. GU Brew Electrolyte Replacement and GU Gel will be used on the half course.

**HALF MARATHON & 5K RUN AWARDS**

Overall male & female winners and top 3 male and female in each of the 5-year age groups in the Half Marathon and 5K Run receive awards. 5K Walk is non-competitive but will be timed.

**RACE DAY SCHEDULE**

6:00 a.m. Packet pickup & race day registration opens  
7:00 a.m. Half Marathon Start  
7:30 a.m. 5K Run, 5K Walk Start  
8:45 a.m. 5K Run Awards  
9:30 a.m. Half Marathon Awards

**AGE DIVISIONS**

11 & under, 12-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+

**ALL ENTRANTS RECEIVE:** Quality cotton long sleeve shirt, massage therapy, coffee, bagels, fruit, goodie bags.

**ENTRY FEES**

5K Walk & Run \$20, thru 9/23/10, \$25 9/24 - 10/22, Race Day: \$30  
Half Marathon \$42 thru 8/01/10, \$55 8/1 - 9/23, \$60 9/24 - 10/22,  
Race Day: \$65  
Post mark no later than 10/19/10

**RACE INFORMATION:** GetSetAZ.com, Raceplaceevents.com, or call the Runner's Den at: 602-277-4333

**ONLINE REGISTRATION**

Register online at [www.RacePlaceEvents.com](http://www.RacePlaceEvents.com). Simply go to the October 23rd, 2010 Lincoln Family YMCA Half Marathon listing and click on the "Online registration icon. Online registration closes on Wednesday, October 22nd at 11:59pm. A small additional processing fee is added to all online entries.

Make checks payable to: Lincoln Family YMCA

**CONTRIBUTING SPONSORS**



DETACH

MAIL OR DELIVER TO: YMCA Half Marathon + 5K c/o Runner's Den, 6505 North 16th St., Phoenix, AZ 85016

Half Marathon     5K RUN     5K Walk

LAST NAME

FIRST NAME

MAILING ADDRESS

CITY

STATE

ZIP CODE

E-MAIL

DAY PHONE

AGE (ON RACE DAY)

SEX (M F)

BIRTH DATE

SHIRT SIZE (S M L X XX)

TOTAL ENCLOSED \$ .00

In consideration of your acceptance of this entry, I hereby, for myself, my heirs, my executors and administrators, waive and release any and all rights and claims for damages I may have against the sponsors, GoDaddy.com, Inc, Lincoln Family Downtown YMCA, City of Phoenix, Raceplace Event Systems, USAT&F, coordinating groups, and any individuals associated with the event, their representatives, successors and assigns, and will hold them harmless for any and all injuries or illness suffered in connection with said event. I certify that I am in good physical condition and capable of participating in this event. Also, none of the above are responsible for the loss of personal items nor any other form of aggravation in connection with said event. I have been warned I must be in good health to participate in this event. In filling out this form, I acknowledge that I am an amateur in such events. I also give permission for free use of my name and picture in any broadcast, telecast or print media account of this event. In filling out this form, I acknowledge I have read and fully understand my own liability and do accept the restrictions. **This entry is invalid unless signed by participant.** If entrant is under 18 years of age, parent or legal guardian must sign below.

Entrant's Signature (or parent if under 18)

Date