



# 19th Annual 2010 DOUGLAS ISLAND HALF MARATHON



JUNEAU, ALASKA  
Saturday, July 31

9:00 a.m. start  
8:00 a.m. start available for early starters  
Sorry, no wheelchairs this year

Start/Finish: Sandy Beach Picnic area, Savikko Park, Douglas Island, 2 mile south of the Juneau-Douglas Bridge.

**On-line registration available @ [www.active.com](http://www.active.com)**

Pre-register before 5 p.m. Wednesday July 28 at The Alaska Club/JRC, Pavitt's Health and Fitness, The Nugget Alaskan Outfitter, or Foggy Mountain Shop. Forms can also be mailed to: FM Marathon, 8508 E. Valley Ct, Juneau, AK 99801  
**(Checks payable to SERR).**

Forms are also available at [www.southeastroadrunners.org/marathon.htm](http://www.southeastroadrunners.org/marathon.htm)

Race-day registration closes 30 minutes prior to start time of each race.

Folks registered by Wednesday, July 28 may pick up race packets at the Goldbelt Hotel (51 Main St.) between 5 p.m. and 6:30 p.m., Friday, July 30. Otherwise packets will be available on race day at registration table.

Open to runners age 16 and older (or by permission). Course closes at noon.

USATF-certified, out-and-back, moderately hilly, sea-level course along the Douglas Hwy - a paved, low traffic, 2-lane road. Forest, mountain, and ocean vistas. Sports drink and water every 2.5 miles. Several Porta-Potties along the course. GU energy gels. Custom finisher medal and t-shirt, results, and if you're lucky, an on-course photo. Custom awards for 1st, 2nd, and 3rd place men and women in both open and masters (40+) age divisions. Free BBQ at finish. Also, a no-host, post-race social will be held @ Bullwinkle's Pizza (downtown Juneau) at 6 p.m.

**[Early starters do not compete for awards.](#)**

Race Information: Kimberly Vaughan 907-209-3635 [seejuneaurun@gmail.com](mailto:seejuneaurun@gmail.com)  
Brian Bezenek 907-790-1934 [bribezenek@gmail.com](mailto:bribezenek@gmail.com)

### Course Records

Women's open, Merry Ellefson, 39, Juneau, AK, 1:25:19 (2001); Women's masters, Merry Ellefson, 45, Juneau, AK, 1:27:26 (2007)  
Men's open, Shawn Miller, 25, Juneau, AK, 1:09:33 (2005); Men's masters, Guy Thibodeau, 42, Juneau, AK, 1:14:16 (1993)  
Men's Wheelchair, Seth McBride, 23, Juneau, AK, 1:37:19 (2006)

Sponsored by:

## MRV ARCHITECTS

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A Southeast Road Runners Event – [www.southeastroadrunners.org/marathon.htm](http://www.southeastroadrunners.org/marathon.htm)

