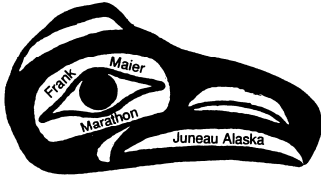


18th Annual
2009 DOUGLAS ISLAND HALF MARATHON
JUNEAU, ALASKA

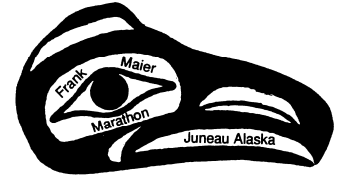


Saturday, August 1

9:00 AM Start

8:00 AM start available for slower runners

sorry, no wheelchairs this year



Start/Finish: Sandy Beach Picnic area, Savikko Park, Douglas Is., 2 mi. S. of the Juneau-Douglas Bridge.

Pre-register before 5 PM Wednesday July 29 at The Alaska Club/JRC, The Nugget Alaskan Outfitter, the Foggy Mountain Shop or by mailing form to: Frank Maier Marathon, 8508 E. Valley Ct, Juneau, AK 99801 (checks payable to SERR). A form is also available at www.southeastroadrunners.org/marathon.htm

Race-day registration available prior to 8:15 AM. On-line registration available @ www.active.com

Folks registered by Wednesday July 29 may pick up race packets at the Goldbelt Hotel (51 Main St) between 5 PM and 6:30 PM, Friday July 31: else pick up at race start.

Course closes at Noon.

Out-and-back, moderately hilly, sea-level course along the Douglas Hwy - a paved, low traffic, 2-lane road. Forest, mountain, and ocean vistas along route. Sports drink and water every 2.5 miles. GU energy gels. T-shirts for all runners. Custom awards to 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 (in downtown Juneau) at 6 PM.

Early starters do not compete for top-3 awards.

Race Information: Kimberly Vaughan 907-209-3635, Brian Bezenek 907-790-1934; runjuneau@gci.net

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

PAUL VOELCKERS

ROBERT MINCH



J.M. Walsh Co.

A Southeast Road Runners Event - www.southeastroadrunners.org/marathon.htm

18th Annual

2009 DOUGLAS ISLAND HALF MARATHON

ENTRY FORM

Distance
You got it,
13.1 miles!

Southeast Road Runners
RRCA SANCTIONED

Enter \$ Paid
Pre-register: \$17 _____
Day-of-Race: \$20 _____

Sorry, No WHEELCHAIRS this year...

LAST NAME

FIRST NAME

SEX M F AGE
(on Aug 1, 09) DATE OF BIRTH - -
mo day year

MAILING ADDRESS

STREET or BOX _____

CITY _____

STATE ZIP PHONE --- ---

COUNTRY _____

T-Shirt Size (Unisex, Circle One) S M L XL

Race course closes at noon....

DO YOU WANT THE EARLY (8AM) START (AS A RUNNER EXPECTING TO TAKE OVER 3 HRS)? _____ (Write "YES" if applies)

WAIVER AND RELEASE: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official in order to safely complete the run. I assume all risks associated with running and volunteering to work in club races. I am aware of the risks, which include falls, contact with other participants, the weather, road or trail conditions, and traffic. I have read this waiver and know the facts about running and road and trail races. In consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive any right I may have to pursue an action against the Southeast Road Runners Club, the Road Runners Club of America, and all sponsors, and the representatives and successors of these entities, for liabilities of any kind arising out of my participation in club activities, even though liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Handcycles, Strollers, Dogs, Roller Blades, and Headphones are NOT allowed.

SIGNATURE _____

EMAIL _____

Mail-in entries must be received by 5 PM Wednesday, July 29, 2009.

BIB #

On-Line Registration available at www.active.com

