



19th Annual
**2010 FRANK MAIER
 MARATHON**
 JUNEAU, ALASKA
 Saturday, July 31



7:00 a.m. start
 6:00 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

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

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
 Brian Bezenek 907-790-1934 bribezenek@gmail.com

Course Records

Women's open, Garrette McIntire, 26, Juneau, AK, 3:12:23 (2009); Women's masters, Jane Lanford, 48, Fairbanks, AK, 3:26:40 (2003)
 Men's open, Shawn Miller, 23, Juneau, AK, 2:31:30 (2003); Men's masters, Jim Douglas, 44, Juneau, AK, 2:45:56 (1993)
 Women's Wheelchair, Holly Koester, 48, Cleveland, OH, 3:27:17 (2008); Men's Wheelchair, Seth McBride, 24, Juneau, AK, 2:27:21 (2007)

Sponsored by:

MRV ARCHITECTS

PAUL VOELCKERS

ROBERT MINCH



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

19th Annual 2010 FRANK MAIER MARATHON ENTRY FORM

Distance -
You got it,
26.2 miles!

Southeast Road Runners
RRCA SANCTIONED

Entry Fee: \$40 _____
Make my shirt a wicking shirt: add \$15 _____
Wicking shirt requests must be received by June 1.
Total amount due: \$ _____

Sorry, no WHEELCHAIRS this year...

LAST NAME	FIRST NAME

SEX	M <input type="checkbox"/>	F <input type="checkbox"/>	AGE	<input style="width: 20px;" type="text"/>	<input style="width: 20px;" type="text"/>	DATE OF BIRTH	<input style="width: 20px;" type="text"/>	-	<input style="width: 20px;" type="text"/>	-	<input style="width: 20px;" type="text"/>	-	<input style="width: 20px;" type="text"/>	-	<input style="width: 20px;" type="text"/>	-	<input style="width: 20px;" type="text"/>
			(on July 31,2010)				month		day		year						

MAILING ADDRESS
STREET or BOX

CITY

STATE ZIP PHONE - -

EMAIL

COUNTRY

Race course closes at noon. T-Shirt Size (Unisex, Circle One) S M L XL

DO YOU WANT THE EARLY (6AM) START (AS A RUNNER EXPECTING TO TAKE OVER 5 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.

Hand cycles, Strollers, Dogs, Roller Blades, and Headphones are NOT allowed.

SIGNATURE _____
(UNDER 18 MUST HAVE PARENT OR GUARDIAN SIGN, MUST BE 16 ON RACE DAY TO RUN THE MARATHON)

Mail-in entries must be received by 5 p.m. Wednesday, July 28, 2010.

On-Line Registration available at www.active.com