

BALTIMORE RUNNING FESTIVAL, October 11, 2008

The course will travel through many diverse neighborhoods including the scenic Inner Harbor waterfront area, historic Federal Hill and charming Fells Point. The half-marathon will start at the 13-mile mark of the marathon course **BUT** will split after 2/10 mile (half-marathoners will have their own lane to that point) and will rejoin the marathon route later in the race.

- The marathon is open to both runners and walkers age 16 and over who are able to complete the 26.2-mile course within a 7-hour time limit. The half marathon is open to runners and walkers age 14 and over who are able to complete the 13.1-mile course in a 5.5 hour time limit. Each individual participant will be required to raise a minimum contribution of \$1000 by race day.
- 4 person relay teams can also participate. Each member of the relay team must register for the race and be age 14 and over and is required to raise a minimum of \$750/member.
- Participants must complete the registration form in full and mail or fax it with the non-refundable commitment fee of \$150.
- Each participant will be responsible for any balance of the minimum required still outstanding on race day.
- NACoA will provide hotel accommodations for one night for participants from outside of Baltimore and its environs. The minimum required will be increased to \$1250.

Participant Package Includes:

Registration race packet includes an official *Under Armor* participant shirt, finisher's certificate and medal. *TEAM NACoA* will provide a pre-race pasta dinner and rally, goodie bag, and a *Run for the Children*® T-shirt (to be worn during the race).

Special Incentives:

Participants from outside of Baltimore, MD and its environs who raise \$500 or more above the required minimum **by 09/01/08** qualify for air transportation reimbursement up to \$500/registered runner.

General Information:

- The commitment fee (\$150) will be applied to the minimum fundraising requirement.
- Pay by credit card or check made payable to the National Association for Children of Alcoholics.
- Participants are required to make all arrangements for their own transportation.
- Whether you are an experienced marathoner or just getting started, our comprehensive training program for both runners and walkers includes a training schedule, available coach, monthly motivational training tips and newsletters.
- Upon receipt of your registration commitment, you will receive a complete *TEAM NACoA* packet with all the materials and information you need to do your fundraising and to get started preparing for NACoA's *Run for the Children*® in the Baltimore Running Festival.

NOTE: In the event a participant must withdraw from any of the races neither the commitment fee nor contributions already received by NACoA will be refunded.

About NACoA

Over the past 7 years the National Association for Children of Alcoholics has reached out to the public to join NACoA's *Run for the Children*® as we participate in marathons all over the country to help support efforts to educate and inform those who can help the people hurt most by drugs and alcohol - the children of alcohol and other drug dependent parents. NACoA believes that none of these vulnerable children should grow up in isolation and without support.

Remember the 1 in 4 hurting children can't help themselves alone. Together we can help!

**Our mission is to advocate for all children and families affected by alcoholism and other drug dependencies.
We, with the caring help of people like you, can make a difference.**

Please mail or fax your registration form to:

❏ **National Association for Children of Alcoholics**

NACoA *Run for the Children*®

11426 Rockville Pike, Suite 301

Rockville, MD 20852 or Fax to (301) 468-0987

Email: jendicott@nacoa.org • www.nacoa.org • 1-888-55-4COAS

Run for the Children® Official NACoA Registration Form
Baltimore Running Festival
October 11, 2008

Last name _____ First name _____ Middle initial _____
 Address _____
 City _____ State _____ Zip _____ County _____
 Date of birth (MM/DD/YY) _____ Age on Race Day _____
 (circle one) Gender M / F _____ U.S. Citizen? Y / N _____ Military Service? Y / N _____
 Day phone _____ Evening phone _____
 E-mail Address _____
 Shirt Size Men's ___ S ___ M ___ L ___ XL ___ XXL Women's ___ S ___ M ___ L ___ XL ___ XXL
 ChampionChip # (if you own your chip) _____
 (check applicable) _____ Walker _____ Runner
 _____ Full Marathon _____ Half Marathon _____ 4 person Relay Team Team member names 1 _____
 2 _____
 3 _____
 4 _____

Anticipated time for this race _____ hours _____ minutes

To expedite planning and reservations please complete the following:

_____ Yes _____ No I will be attending the Pasta Dinner and Rally on 10/10/08. One guest is included at no charge.
 _____ additional attendees (guests @ \$25/ea.) _____ Total attendees

Waivers and Disclaimers

I have full knowledge of and assume the risks (heat exhaustion, heat stroke, personal injury, etc.) involved in training for and participating in the NACoA *Run for the Children*® in the race(s) indicated on the registration form. I represent that I am physically fit and sufficiently trained to participate therein. Because you are relying on these representations and in consideration of your accepting my entry into the Marathon, I, for myself, my executors, administrators and assignees, do hereby release and discharge the National Association for Children of Alcoholics, sponsors of the NACoA *Run for the Children*®, and the respective officers, directors, agents and employees of the foregoing jointly and separately, from and against any and all actions, claims, demands or damages which in any way arise out of or result from my training for or participating in the Marathon or Half Marathon or any related events. I further agree you may subsequently use for publicity and/or promotional purposes, without any obligation or liability to me, my name and any photo of my participating in the Baltimore Running Festival. I have carefully read and do understand the foregoing Waiver and certify that I am signing it of my own free will.

I agree to the above waivers and disclaimers.

Participant's signature _____ Date _____

Parent or Guardian's signature is required if participant is under 18 years of age _____ Date _____

All participants are required to provide a credit card number upon registration.

_____ VISA _____ MasterCard _____ American Express
 Credit Card #: _____
 Credit Card Security Code: _____ Expiration date: _____

_____ My commitment check for \$150 (full, half marathon or relay team member)

_____ I authorize you to charge my commitment fee at this time to the card listed above.

Signature: _____

I understand my credit card will be charged for the outstanding amount below the fundraising minimum (\$1000 or \$750/person on relay team) required by race day. I authorize you to charge my credit card for the balance of the minimum amount required not raised by race day.

Signature _____

Upon receipt of your registration commitment, you will receive a complete *TEAM NACoA* packet with all the materials and information you need to do your fundraising and to get started preparing for NACoA's *Run for the Children*® in the Baltimore Running Festival.

Thank you for your commitment to help the children and families hurt by alcohol and drug abuse.