

P.F. Chang's® Rock 'n' Roll Arizona™ Marathon and Half Marathon

January 18, 2009

P.F. Chang's® Rock 'n' Roll Arizona™ Marathon and Half Marathon are staged in the Valley of the Sun and tours through three of Arizona's most vibrant cities. The winter weather conditions are perfect for a run or walk with live music and cheerleaders along the entire route.

- The full marathon is open to both runners and walkers age 18 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 12 and over who are able to complete the 13.1-mile course in a 4-hour time limit.
- 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 required to raise a minimum contribution of \$1500 by race day.
- Each participant will be responsible for any balance of the minimum required still outstanding on race day.
- NACoA will provide hotel accommodation up to two nights.

Participant Package Includes:

Registration-related expenses, a race packet which includes an official program, commemorative shirt and a medal for finishers. *TEAM NACoA* will provide a pre-race pasta dinner and rally for runner and a guest, pre-race breakfast for each runner, goodie bag, and a *Run for the Children*® T-shirt (to be worn during the race).

Special Incentives

Participants who raise \$500 or more over the required minimum **by 12/01/08** qualify for air transportation reimbursement up to \$500/registered runner.

General Information

- The commitment fee (\$150) will be applied to the minimum fundraising requirement.

- Participants are required to make all arrangements for their own transportation.
- All rooms are double occupancy. We are asking that runners consider sharing a room with same sex runners to help reduce expenses, which will allow more of your contributions to help the children. Please indicate your preference on the registration form.
- 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 P.F. Chang's® Rock 'n' Roll Arizona™ Marathon and Half Marathon.

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 (NACoA) 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.*

**Our mission is to advocate for all children and families affected by alcoholism and other drug dependencies.
We, along with 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
P.F. Chang's® Rock 'n' Roll Arizona™ Marathon – January 18, 2009

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) ___ Full Marathon ___ Half Marathon
Anticipated finish time _____ hours _____ minutes

To expedite planning and reservations please complete the following:

____ I am requesting a private room and agree to be responsible for any additional occupancy fees incurred.
____ I would like to reserve _____ extra room(s), please bill me for the additional room(s) at the group discounted rate.
____ I am willing to share a room with a same sex runner/walker to help reduce expenses.
I would like to be assigned to a room with _____.
Arrival Date _____ Departure Date _____

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 NACoA's *Run for the Children®* in the P.F. Chang's® Rock 'n' Roll Arizona™ Marathon. 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 Marathon-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 P.F. Chang's® Rock 'n' Roll Arizona Marathon™. 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 is attached.

____ I authorize you to charge my commitment fee at this time.

Signature: _____

I understand my credit card will be charged for the outstanding amount below the fundraising minimum required (\$1500) 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 P.F. Chang's® Rock 'n' Roll Arizona™ Marathon and Half Marathon.

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