



# WALT DISNEY WORLD® MARATHON WEEKEND

## January 7 - 10, 2010

Join NACoA's *Run for the Children*® as we participate in the Walt Disney World® Marathon Weekend, January 7-9, 2010. Whether you choose to run in the WALT DISNEY WORLD® Marathon, Half Marathon or go for the Goofy medal by doing both races, you know when you cross the finish line you will have just done one of the most magical runs of your life.

The Full Marathon takes you through all four of the WALT DISNEY WORLD® Theme Parks beginning in Epcot®, continuing to the Magic Kingdom®, Disney's Animal Kingdom®, Disney - MGM Studios® and returning to Epcot®. The Half Marathon race begins in Epcot®, runs through the Magic Kingdom® Park and returns to Epcot® for an exhilarating finish.

- The Full Marathon and Goofy's Race and a Half Challenge are open to runners and walkers age 18 and over who are able to complete the 26.2 mile course within a 7-hour time limit. The Full Marathon is on Sunday, January 10, 2010.
- 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 3.5 hour time limit. The Half Marathon is on Saturday, January 9, 2010.
- Participants must complete the NACoA registration form in full, then mail or fax with a non-refundable commitment fee of \$150 if registering for the Half or Full Marathon or \$285 if registering for Goofy's Race and a Half Challenge.
- Each *TEAM NACoA* participant will be required to raise a minimum contribution of \$2250 by race weekend.
- Each participant will be responsible for any balance of the minimum required still outstanding on race day.

### Participant Package Includes:

Registration related expenses, an official race packet which includes an official WALT DISNEY WORLD® Weekend program, commemorative participant shirt, and a medal for finishers. NACoA will provide a pre-race pasta dinner and rally, pre-race breakfast, goodie bag, *Run for the Children*® T-shirt (to be worn during the race), a post-race celebration event and up to 3 nights hotel accommodations for each participant.

### Special Incentives:

Participants who raise \$500 or more **above the required minimum by 12/01/09** qualify for air transportation reimbursement up to \$300/registered runner.

### General Information:

- The commitment fee (\$150/Goofy \$285) will be applied to the minimum fundraising requirement of \$2250.
- 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 fee, you will receive a complete *TEAM NACoA* packet with all the materials and information you need to do your fundraising and to begin preparing for NACoA's *Run for the Children*® in WALT DISNEY WORLD® Marathon, Half Marathon or Goofy's Race and a Half Challenge.

**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 8 years the National Association for Children of Alcoholics (NACoA) has reached out to the public to join *TEAM 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 alcoholics 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.

**Please mail or fax your registration form to:**



NACoA *Run for the Children*®  
11426 Rockville Pike, Suite 301  
Rockville, MD 20852

Fax to (301) 468-0987

Email: [jendicott@nacoa.org](mailto:jendicott@nacoa.org) • [www.nacoa.org](http://www.nacoa.org) • 1-888-55-4COAS



**NACoA's *Run for the Children*® Official Registration Form  
WALT DISNEY WORLD® Marathon Weekend  
January 7-10, 2010**

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 \_\_\_\_\_ Goofy's Challenge

Anticipated finish time: Half \_\_\_\_\_ hours \_\_\_\_\_ minutes Full \_\_\_\_\_ 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 the NACoA *Run for the Children*® in the WALT DISNEY WORLD® Marathon, Half Marathon or Goofy's Race and a Half Challenge. 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, Half Marathon, or Goofy Challenge, 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, Half Marathon or Goofy's Challenge and 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 WALT DISNEY WORLD® Marathon Weekend race indicated on this form. 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 \_\_\_\_\_ \$285 for Goofy's Challenge 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 of \$2250 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 \_\_\_\_\_



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