

51st Annual

Heart of America Marathon

Labor Day, September 6, 2010
Columbia, Missouri



Entry Fee: \$25.

Make checks payable to Columbia Track Club.

Entry Deadline: Please, by September 4.

No entries after 5:30 a.m. race day.

Headquarters: Hampton Inn (1225 Fellow's Place).

Room Reservations: 573-214-2222

Rate: \$122, including taxes; one to four people; for September 5 only;

Must reserve by August 18; ask for group grate or use group code CHXHOA.

Register online at columbiauniversitysuits.hamptoninn.com

Packet Pick-up: Sunday, September 5 — 2 to 7 p.m.

Monday, September 6 — 5 to 5:30 a.m. at Hampton Inn.

Time Limit: Seven hours. The finish area will close at 1 p.m.

Aid Stations: Every two miles with water, Gatorade and ice.

Awards: Framed posters to overall male and female winners.

Running shoes (from Tryathletics) to overall winners and first age 40+ male and female.

Plaques to first three males and females in age groups

(24 & younger, 25 to 29, 30 to 34, 35 to 39, 40 to 44, 45 to 49, 50 to 54, 55 to 59, 60+).

Medals and T-shirts to all finishers.

Dave Schulte Award for the most improved 2010 HOA performance of a sub-five-hour 2009 marathon.

Post-race: Awards will be presented at a post-race gathering at

Shakespeare's Pizza (Ninth & Elm Streets) at 1:30 p.m.

Free pizza to all HOA entrants.

The course is USAT&F certified — # MO0767 BG.

ENTRY FORM

Return to: Columbia Track Club, Box 1872, Columbia, Mo. 65205 (or register at HeartOfAmericaMarathon.com)

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In consideration of your acceptance of this entry, I, intending to be legally bound, hereby, for myself, my heirs and assignees, waive any and all claims for damages I might have against the City of Columbia, the Columbia Track Club and any individual volunteer worker for any and all injuries suffered by me as a result of this event.

Print name: _____ Birthdate: _____ Age on race day: _____
Male _____ Female _____

Address: _____ State: _____ Zip: _____
Street City

Signature: _____ (if entrant is younger than 18, parent must sign)

Number of marathons completed: _____ Best marathon time: _____ Where? _____ When? _____

Most recent marathon: _____ When? _____ Time? _____