

# 49<sup>th</sup> ANNUAL HEART OF AMERICA MARATHON

**Labor Day, September 1, 2008 – 6:00 AM – Columbia, MO**

- Entry Fee: \$25. Make checks payable to Columbia Track Club.
- Entry Deadline: PLEASE, by August 30; later entries will be accepted, but not after 5:30 AM on the day of the race.
- Fitness for Event: No one should attempt this event without proper training and medical advice. Any runner must retire from the race at once if directed to do so by an event physician. **THERE IS A SIX HOUR TIME LIMIT.**
- Headquarters: Probably the Hampton Inn, Stadium Blvd. at Rock Quarry Road, assuming it is completed by then. Call 1-800-HAMPTON for reservations. Rate: TBA.
- Packet Pick Up: Sunday, August 31 between 3:00 PM and 7:00 PM at Hampton Inn, and between 5:00 AM and 5:45 AM on race day.
- Aid Stations: Aid cars tour the course continuously. Aid Stations are about every two miles.
- Awards: Awards to overall male & female winners; first 3 male 0 - 24, 25 - 29, 30 - 34, 35 - 39, 40 - 44, 45 - 49, 50 - 54, 55 - 59, 60+; first 3 female 0 - 24, 25 - 29, 30 - 34, 35 - 39, 40 - 49, 50+. T-shirts to all entrants. Medals to all finishers.
- Awards will be presented to each award winner very soon after crossing the finish line. There is no formal award ceremony.

The course has been certified by the Columbia Track Club as being 26 miles, 385 yards.

More information: [ctc.coin.org/hoa](http://ctc.coin.org/hoa)

## ENTRY FORM

(Return to: Joe Duncan, 2605 Chapel Wood Terrace, Columbia, MO 65203)

-----Tear or Cut Here-----

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 that I might have against the City of Columbia or the Columbia Track Club or any individual volunteer worker for any and all injuries suffered by me as a result of this event.

Print Name: \_\_\_\_\_ Male \_\_\_ Female \_\_\_

Street Address: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Age on 9/1/07 \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Signature: \_\_\_\_\_ (If entrant is under 18, parent must sign)

How many marathons have you completed? \_\_\_\_\_ Best Marathon Time: \_\_\_\_\_