

Runners Roost
 Fort Collins • Colorado
 2720 Council Tree Ave. Suite 112
 Fort Collins, CO 80525



Heart Center of the Rockies

POUDRE VALLEY MEDICAL GROUP

Half  *Marathon*
5K & 10K

8:30 AM
November 6th, 2010

featuring the
REBOUND
Sports & Physical Therapy

10K & 5K Runs

At Boyd Lake State Park • Loveland, CO

Kids Short Course

8:00AM

Kids Long Course

8:15AM

www.runnersroostftcollins.com

Host Hotel

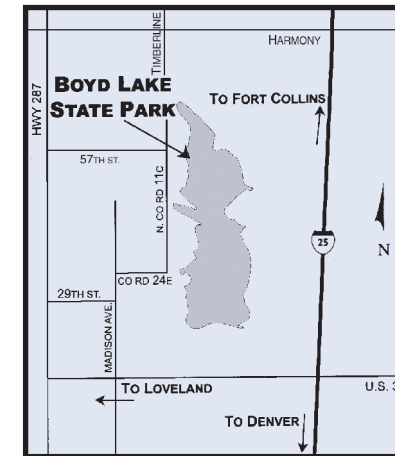


Best Western Crossroads Inn & Conference Center

Special Group rates: Please call 970-667-7810

Mention Heart Center Half Marathon for special rates — call early, rooms limited at special rate.

Directions: **From I-25** take Hwy 34 towards Loveland, turn right (North) on Madison Ave. (approx. 3 miles from I-25), head North take a right (East) on County Rd. 24E (also



11C), take main entrance to state Park follow parking signs.

From Hwy 287 heading South take left (East) on 57th St. turn right at dead end on County Rd 11C (South), take main park entrance.

Awards

HALF MARATHON

TOP 3 Overall and TOP 3 in the following age groups 19 & under, 20-29, 30-39, 40-49, 50-59, 60+

10K Run

TOP 3 Overall and TOP 3 in the following age groups 19 & under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

5K Run

TOP 1 Overall and TOP 1 in the following age groups 9 & under, 10-12, 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Register at:

Runners Roost Fort Collins

2720 Council Tree Ave. Suite 112
(Harmony Rd and Ziegler) at the Front Range Village
Phone: 970-224-9114
Fax: 970-493-6702

Foot of the Rockies

150 E. Harmony • 377-8005

Online at: Active.com

Mail in Registration:

Heart Center Half Marathon

c/o Runners Roost
2720 Council Tree Ave. Suite 112, FC, CO 80525

Information: steve@runnersroostftcollins.com

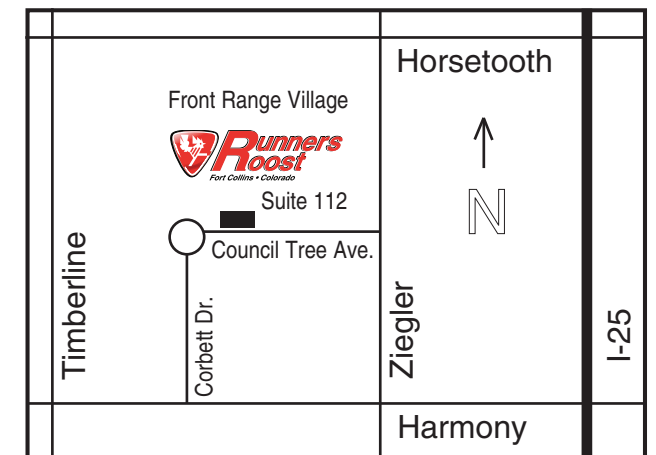
Race day registration is at the starting location for each race

Early Packet Pick-Up

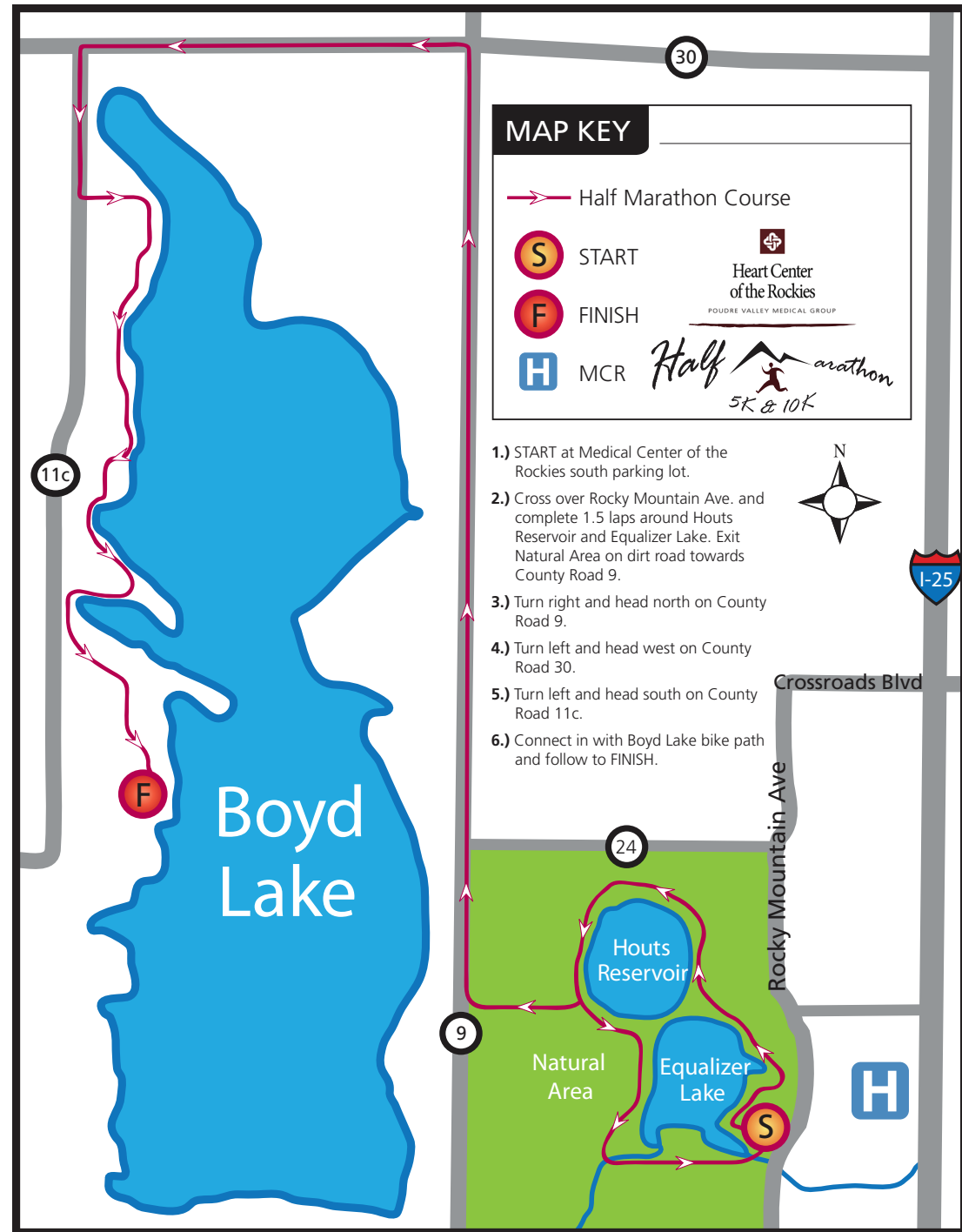
October 30th- November 5th (5PM)

Runners Roost

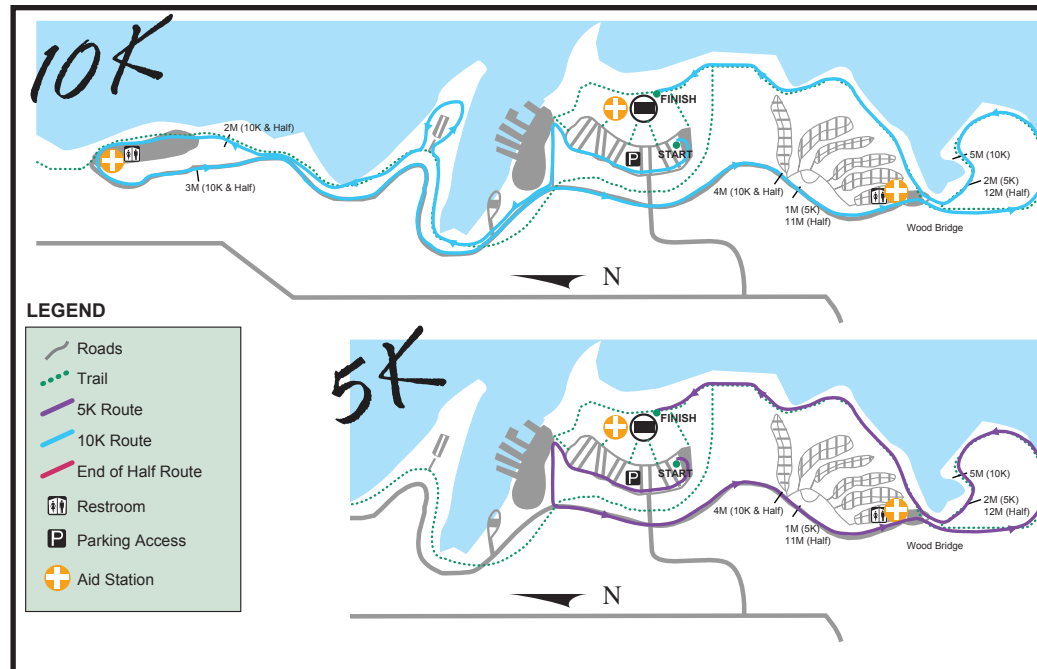
2720 Council Tree Ave. Suite 112 • Fort Collins
Mon-Sat 10-9, Sun 10-6
www.runnersroostftcollins.com



Half Marathon Course Map



5K & 10K Course Maps



The Heart Center Half Marathon will start at Medical Center of the Rockies and finish at Boyd Lake (See Map to Left). Half Marathon parking will be at the Medical Center, SHUTTLES will return participants to the parking lot.

The 10K/5K start and finish will be in Boyd Lake State Park.

Free Pancake Breakfast to all participants!



The 12th annual "Healthy Kids Run Series" sponsored by the Healthy Kids Club at Poudre Valley Health System includes eight FREE, non-competitive kids' fun runs. Participants in three or more of the runs in the series earn prizes! Be sure to have your cards punched at the finish line! To register for the series and receive a punch card, call Laurie Zenner, at 495-7511.

This Event is a Boyd Lake State Park and Northern Colorado Running Foundation Fundraiser.



Heart Center Half ENTRY FORM

Bib # _____
for office use only

All Entry Fees INCLUDE ONE DAY PARK PERMIT

1. Check the Event you are entering

(No refunds or transfers — one runner per application)

	Thru Oct. 30th	Oct. 31st-Nov.5th	Race-Day *
<input type="checkbox"/> Half Marathon	\$45.00	\$50.00	\$55.00
<input type="checkbox"/> 10K Run		\$30.00	\$35.00
<input type="checkbox"/> 5K Run		\$30.00	\$35.00
<input type="checkbox"/> Healthy Kids Run - FREE	No Registration Needed		

*Race day registration is at the starting location for each race

2. Shirt Size

All entrants will receive an Adidas Longsleeve Technical Shirt (Retail valued at \$40.00)

Mens: Small Medium Large XL
Womens: Small Medium Large XL

3. Name & Address

First Name _____
Last Name _____
Age _____ Sex: M F
Address _____
City _____
State _____
ZIP _____
Phone (_____) _____
E-mail Address _____

4. Terms of Participation

Liability and Publicity Waiver: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able to do so and properly trained. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of weather, traffic, and course conditions, all such risks being known and understood by me. I understand that Rocky Mountain Running Co., LLC assumes no responsibility or liability with respect to my participation in this event. I agree, however to abide any decision of any race official relative to my ability to safely complete the run. I agree to abide by the rules of this event as stated in all official event information. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, myself and anyone entitled to action my behalf, do hereby release and discharge Rocky Mountain Running Co., LLC, Larimer County, City of Loveland and Colorado State Parks., and all sponsors, representatives (including event volunteers), and employees of any of them, from all claims or liabilities of any kind asking out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____ Date _____

Parent (if under 18) _____

To Enter. Complete, sign and return the above portion with check, money order (US Funds Only) or credit card with proper fee for post mark date to Heart Center Half Marathon c/o Runners Roost 2720 Council Tree Ave. Suite 112, FC, CO 80525. Please make checks payable to Heart Center Half Marathon. For Payment by Credit Card (Visa, AX, Discover, Mastercard)

Credit Card # _____ Exp. Date _____



Professional Document Solutions, Inc.