

Aviano Marathon 2008 Registration

Drop off at the Dragon Fitness Center or mail to:
31 SVS/SVMP Unit 6122 Box 45
APO AE 09601-3045

Name _____

PSC _____ Box _____

E-mail: _____

Gender: M or F

DOB: _____

Squadron: _____

Team Name: _____

Cell/Contact: _____

Please circle one: Adult T-shirt Size

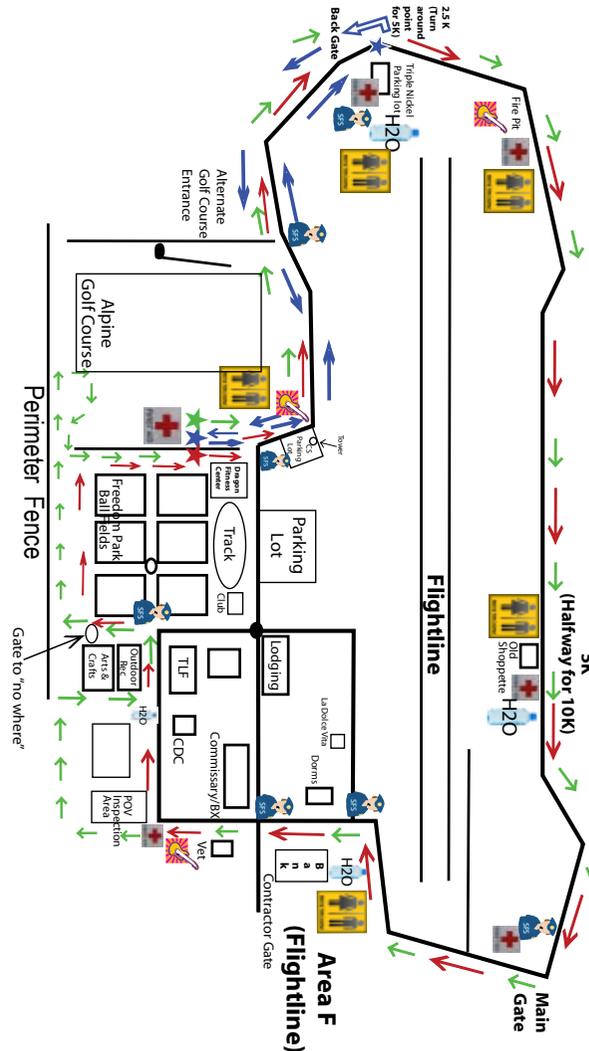
(S) (M) (LG) (XL) (XXL)

Please circle one: Race Category

5k 10k 1/2 Marathon
Full Marathon Team Relay

First Marathon? Yes No

Key Code	
	Arrows
	5 K - Blue
	10 K - Red
	1/2 & Full - Green Marathon
	1/2 Marathon:
	2 laps base perimeter
	4 laps base perimeter
	- Traffic Guards
	- Restrooms
	- Red Cross
	- Band/Music



Aviano 2nd Annual Marathon

5k, 10k, Team Relay, 1/2 & Full Marathon

20 Sep 2008

Registration time: 0600

Start time: 0800



Dragon Fitness Center
Aviano AB Italy

Phone: 632-7459/8086
0434-30-7459/8086

Log on to:
www.31svs-aviano.com
and download your training packet





EVENTS:

5k/Walk/Run (Family walk, stroller friendly, bring your pets along too!) 10k Walk/Run, 1/2 Marathon, Full Marathon Team Relay Marathon

Starting point & ending point:

Dragon Fitness Center (front side)

** 1/2 marathon: 2 laps around base perimeter

*** Full marathon: 4 laps around base perimeter

The Best Food For Runners from
www.runnersworld.com

STARTING TIMES:

0800 Full Marathon & Team Relays

0810 1/2 Marathon

0820 10k walk/run

0830 5k walk/run & family walk/run

PRE-REGISTRATION - RACE CHECK-IN

Begins at 0600-0730 on race day for last minute sign ups! T-shirts for late registrants subject to be delayed due to limited supply. Sign up ahead of time to get your Aviano 2008 inaugural T-shirt!

Useful websites for runners:
www.Marathonguide.com
www.Halhigdon.com

PARTICIPATION REQUIREMENTS:

For the Marathon the participants must be **18 years old** by 20 Sep 2008.

Anyone can join the other races and strollers are welcome.

Pets are welcome, but so are baggies for cleanup!

Event Day:
Carb-loading is just part of the fueling plan! What you eat on marathon day is critically important and helps to spare your limited muscle glycogen stores. By fueling yourself wisely both before and during the event, you can enjoy miles of smiles.

For nutrition tips and information
check out
www.nancyclarkrd.com

REGISTRATION FEE:

\$15.00 Early Registration (Prior to 1 Sep 2008)

\$18.00 Late Registration (After 1 Sep 2008)

Fee includes long sleeve 2nd Annual Aviano Marathon t-shirt, race packet, bib number, awards, refreshments and pasta on race day!

Hydration starts
3 days before the race begins!

AWARDS:

- Individual awards for each event (Top 3 men/women OPEN & MASTERS)
- Traveling trophy award for Top 2 Marathon Relay Squadron and/or Dorm Teams
- All Marathon & 1/2 Marathon finishers will receive medals!
- Raffles for random prizes also!

HOW TO SIGN UP

Sign up in advance via email, website, mail in or drop off registration form to the Dragon Fitness Center!!

Nutrition Tip:
While carbo-loading sounds simple (just stuff yourself with pasta, right?), the truth is many marathoners make food mistakes that hurt their performance. So carbo-load correctly!

CONTACT

Dragon Fitness Center - 632-7459/8086

Mon-Fri 0500-2200

Sat-Sun 0700-2200

Holidays/Goal Days 0700-1900

Hotel Lodging info:

Mountain View Lodge - DSN 632-4040/4005

Commercial 0434-30-4040/4005

Email: Jennifer.Kellner@aviano.af.mil



MEDICAL WAIVER

In consideration for your accepting my (my child's) entry in the Aviano Air Base Marathon and associated races (including but not limited to the Full Marathon, the Half-Marathon, the 10K, or the 5K), I, the undersigned, intending to be legally bound, waive and release for myself (my child), my heirs, executor and administrators, any and all rights and claims for damages, demands and any other actions that have resulted from my (my child's) participation in the event, which I may have against the United States Air Force, the US Government, Aviano Air Base and the 31st Fighter Wing, volunteer medical support, all participating supports and those entities representatives, successors and assignees. I agree to hold these entities, and their agents, representatives, successors, and assignees harmless from any liability including any and all injuries, to include death, that are suffered by me (my child) as a result of my (my child) participation in this event.

I verify I have full knowledge of the rigors of this race and the risk involved in participation, and I am physically fit and have sufficiently trained to complete this event. I realize medical support for this event will consist primarily of volunteer medical personnel prepared to administer first-aid type assistance along the race course and finish line.

I hereby grant permission to the 31st Services Squadron, host of the Aviano, Marathon, and its sponsors to use all information submitted in my (my child's) application, and any photograph, videotape, motion pictures, recording and any other record of this event including pre-race and post-race publicity. I understand that all confirmed orders are final once payment is submitted and that refunds will not be issued.

Printed/Typed Name: _____

Signature: _____

Date: _____