

# Ventura $\frac{1}{2}$ Marathon & 5K

March 15, 2009 A benefit for *Team In Training*

Sponsored by Inside Track Running Company ([www.InsideTrackVentura.com](http://www.InsideTrackVentura.com))

<p><i>Come join us for the 9th annual Ventura <math>\frac{1}{2}</math> Marathon &amp; 5K, running out &amp; back along the quiet Ventura-Ojai bike path</i></p>	<p><b>Registration/Sign-In..... 7:00am</b>  <b><math>\frac{1}{2}</math> Marathon Start Time..... 8:00am</b>  <b>5K Start Time.....8:15am</b></p>
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<p><b>Register By Mail</b>          Make checks payable to: "Altitude 27"          Inside Track – Ventura Half          38-A W. Main St.          Ventura, CA 93001</p>	<p><b>Contact Info</b>  <b>Phone:</b> 805-258-6361 (Josh)  <b>E-mail:</b> <a href="mailto:Josh@Altitude27.com">Josh@Altitude27.com</a>  <b>Website:</b> <a href="http://www.VenturaMarathon.com">www.VenturaMarathon.com</a></p>
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Fees	By February 15	By March 14	Race-Day
$\frac{1}{2}$ Marathon	\$45	\$50	\$60
5K	\$20	\$25	\$30

First 200 to register for the  $\frac{1}{2}$  marathon receive a **free technical fabric top** (100% moisture wicking polyester.) All registered 5K runners/walkers receive a **free cotton event shirt**.

**\*\*\*Event will be held rain or shine. Sorry no refunds.\*\*\***

Name \_\_\_\_\_ Sex: (circle one) Male or Female  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_  
 Zip \_\_\_\_\_ Phone \_\_\_\_\_ Birth date \_\_\_\_\_ Age (Race Day) \_\_\_\_\_  
 Email \_\_\_\_\_

**T-Shirt Size (check 1):** X-Small \_\_\_ Small \_\_\_ Medium \_\_\_ Large \_\_\_ **X-Large** \_\_\_

**Waiver:** In consideration of your acceptance of my entry, I, for executors, my administrators, Altitude 27, the City of Ventura, Team In Training, assignees, all volunteers, sponsors and myself do hereby waive and release any and all rights and claims, including negligence, for damages I may have against any organizers, volunteers, or sponsors of said event. I attest and certify that I am physically fit and have sufficiently trained for the Ventura  $\frac{1}{2}$  marathon & 5k, and my physical condition for competing in this event has been verified by a licensed doctor during the last 12 months. I expressly assume any and all risks involved with participation of this event.

\_\_\_\_\_  
**Signature of entrant or parent or guardian if under 18**

\_\_\_\_\_  
**Date**

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**Official Use Only**

**Payment Method** \_\_\_\_\_ **Amount** \_\_\_\_\_ **Check #** \_\_\_\_\_