

11th Annual

NordicTrack

5K



The Course: This is a great USAT&F certified course will pass by the Historical Tabernacle and down town areas before passing below the century old LDS Temple. The course follows the last two miles of the marathon course and finishes at the marathon finish line. The race will be timed by timing chips from Milliseconds, and age group awards will be given.

Sat. Sept. 19, 2009

7:30am start

topofutahmarathon.com

- Registration begins March 1, 2009.
- \$20 registration fee until August 15, 2009
- \$25 until Sept. 19th
- No race-day registration
- There will be NO REFUNDS OR TRANSFERS!
- Only registered runners are allowed on the course.
- Runners will receive confirmation letters.
- All-you-can-eat pasta dinners with live music entertainment and prize drawings are \$12 pre-paid, \$14 at the door.
- The dinner, expo and packet pick-up are from 5:00 to 9:00pm at the Spring Hill Hotel on South Main, Logan.
- Short sleeve **NordicTrack** t-shirts.
- Port-a-potties every mile.

LAST NAME	
FIRST NAME	MI
ADDRESS	
CITY	STATE
ZIP CODE	COUNTRY
PHONE NUMBER ()	
E-MAIL (IN CAPS)	
GENDER (CIRCLE ONE)	M F
BIRTHDAY MONTH: DAY: YEAR:	AGE ON RACE DAY:
T-SHIRT SIZE: (CIRCLE ONE) XS S M L XL XXL	
EXTRA SHIRTS (\$15): (SIZE AND #) _____	
FEE (CIRCLE ONE): (MAR 1-AUG 15) \$20 (AUG 16-SEPT 19) \$25	
ALL-YOU-CAN-EAT PASTA DINNERS AT THE SPRING HILL HOTEL :	
# OF ADULTS @ \$12 _____	# OF CHILDREN (3-12) @ \$8 _____
TOTAL AMOUNT ENCLOSED: \$ _____	

PLEASE MAKE CHECKS PAYABLE TO:
TOP OF UTAH MARATHON
PO BOX 414
PROVIDENCE, UTAH 84332-0414

WAIVER:
 In consideration of the acceptance of my entry in the Top of Utah Marathon, I, the undersigned participant and, if less than 18 years of age, my parent or guardian, intending to be legally bound, do hereby for ourselves, and heirs, executors, administrators and assigns, forever waive, release and discharge any and all rights, claims and actions for damages that we or any of us may have, or that may hereafter accrue to us or any of us, against any and all persons, organizations, and entities associated with the event, including but not limited to Cache Sun 'n' Snow Runners, Cache Chamber of Commerce, any and all sponsors of the event, the cities of Hyrum, Logan, Millville, Nibley, Providence, River Heights, Cache County, the State of Utah, USA Track and Field, volunteers, and individual race organizers, arising out of or in connections with my entry in, travel to, participation in, and returning from the Top of Utah Marathon. I attest and verify that I am physically fit and sufficiently trained to participate in this event and that I understand that traffic control will end at 1:00pm. I also give my permission for the free use of my name and/or pictures in broadcasts, telecasts, newspapers, poster, advertising, etc. I understand that the entry fees are non refundable.

SIGNATURE:
DATE:
Parent or guardian signature for participant under 18.
SIGNATURE: