

ONLINE ENTRY

- > Enter online at www.hamiltonhalfmarathon.org.nz
- > Online entries will close at midnight 20th September 2013

ENTRY FORM

- > One entry form per entrant, to be completed by parent.
- > Mail with payment to: Hamilton Half Marathon, PO Box 10044, Te Rapa, Hamilton 3241.
- > Please do NOT duplicate your entry as entry fees are not refundable under any circumstances.
- > Mailed entries must be postmarked no later than 20th September 2013.



First Name	<input type="text"/>	Surname	<input type="text"/>
Postal Address	<input type="text"/>		
Suburb/Town	City	Post Code	
Phone No.	Parents Phone (race day)		
Email Address	<input type="text"/>		
Age on Race day	Gender	<input type="radio"/> M <input type="radio"/> F	Date of Birth
School Name	<input type="text"/>		

Remittance	Entry fee (Includes a free t-shirt) \$30.00	Total Amount Payable \$	<input type="text"/>
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T-Shirt size	<input type="radio"/> 1-2	<input type="radio"/> 4-6	<input type="radio"/> 8-10	<input type="radio"/> 12-14	<input type="radio"/> Adult S	<i>NOTE: Sizing is generous</i>
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Payment by Visa or Mastercard only

Card Number:	<input type="text"/>	Name on Card:	<input type="text"/>
Expire Date:	<input type="text"/>	Security Code:	<input type="text"/>
Signature:	<input type="text"/>		

This is the last 3 digit card verification code on the signature panel of your card
Please charge the total amount shown to this credit card.

Please make cheques "Not Transferable", payable to Kids Marathon and post with your entry form to the address Hamilton Half Marathon, PO Box 10044, Te Rapa, Hamilton 3241.

PARENT'S/LEGAL GUARDIAN'S DECLARATION

- I have read the conditions of entry for this event and understand the demanding physical nature of the event. My child (as named on this entry form) has trained for this event and I am not aware of any medical condition or impairment that may be detrimental to his/her health if he/she participates in this event. In the event that I become aware of any medical condition or impairment, or my child becomes otherwise sick or injured prior to the event, I will withdraw him/her from the event.
- I acknowledge that it is a condition of my child participating in this event that he/she does so at his/her own risk. I accept all risks and release the event organiser, its agents, affiliates, employees, members, sponsors, promoters, volunteers and any person or body directly or indirectly associated with the event, from all claims, demands and proceedings arising out of or connected with my child's participation in this event and I indemnify them against all liability for all injury, loss or damage arising out of or connected with my child's participation in this event.
- I hereby grant full permission to any and all of the foregoing to use my child's name, voice, and/or picture in any broadcast, telecast, advertising, promotion, or other account of this event for any purpose whatsoever.

Parent's Name (block letters)	<input type="text"/>
Parent's Signature	<input type="text"/>
Date	<input type="text"/>



WHAT IS A MARATHON?

In ancient Greece, Phidippides ran from the plains of Marathon to Athens to report about the Persian War. That is where the marathon got its name. Thousands of years later, people still run, but now they do it for fun. About half a million people run marathons every year! People who run marathons train a lot. Your body must be in good shape to run a marathon. A marathon is 42.195km. The Kids Marathon will get you on your way to being physically fit.

TRAINING SCHEDULE

Below is a training schedule for suggested distances. If you can only run a little, keep trying. If you can run more than a kilometre a day, great! If you play a lot of sport where you run a lot, this may be easy. Just remember to space your workouts so you are prepared to run the final distance on marathon day. Early completion of the program is not recommended. The schedule leaves Saturdays and Sundays available for catch up days or to give you a rest day. It is important to keep track of your progress toward your goal. As you complete each kilometre colour or mark it off on your Kilometre Countdown Chart.

Mon 12	-	Fri 16 Aug	1km/day 5km total
Mon 19	-	Fri 23 Aug	1km/day 5km total
Mon 26	-	Fri 30 Aug	1km/day 5km total
Mon 2	-	Fri 6 Sept	1km/day 5km total
Mon 9	-	Fri 13 Sept	1km/day 5km total
Mon 16	-	Fri 20 Sept	1km/day 5km total
Mon 23	-	Fri 27 Sept	1km/day 5km total
Mon 30	-	Fri 4 Oct	1km/day 5km total

This is only a recommended schedule and you may choose to start your 'marathon' earlier or later than the dates above ... but don't try to do too much too close to marathon day!

FINISH PHOTOGRAPHS/CERTIFICATES

Photos will be taken of all finishers. Marathon-Photos.com are the official photographers and will have video cameras at the finish line. To see your photos and video online, simply find the event on their website www.marathon-photos.com and type in your race number or surname. You'll also be able to download your Finisher's Certificate FREE from their website. Just click on the link and enter your race number.

FREQUENTLY ASKED QUESTIONS

Please refer to website to see if your query can be answered before contacting the Office.

PARKING

Parking may be available in the field adjacent to Flagstaff Shops. Confirmation of this will be in race instructions sent out before race date. Parking is also available in streets surrounding Flagstaff Park. Refer to map on website. We also ask that consideration be given to local residents when parking. Parking is not allowed in the Flagstaff Shopping Centre.

PROMOTIONS

2 MAJOR SPOT PRIZES FOR CHILDREN WHO ENTER THE EARTHCARE ENVIRONMENTAL KIDS MARATHON - 1 GIRL & 1 BOY WILL WIN A BIKE EACH. Prize giving will take place at 12.30pm at the event finish. You must be present to collect these prizes.

INVITATION

The Earthcare Environmental Kids Marathon has a unique format that allows kids from kindergarten through high school to run a marathon... one kilometre at a time. It will be held in conjunction with the annual Hamilton Half Marathon on Sunday 6th October 2013.

All Children are invited to commence a training program in August/September and start logging their kilometres. The aim is to run the first 40km of the marathon distance over a number of weeks in the child's own time, then on event day complete the final 2.195km on the actual marathon course.

This is a great opportunity for children of school age to start an exercise program that will continue over a number of weeks and culminate in the completion of a 'marathon'.

Lyn Harris | Event Director

IMPORTANT INFO ABOUT MARATHON DAY

Where: Start/Finish at Flagstaff Park Commodore Ave Hamilton

Start time: 11.30am

Distance: Final 2.195km of your Marathon

Course: In Flagstaff Park and a section of Endeavour Ave

Eligibility: All school age children are encouraged to participate. The maximum age is 18.

Entry: One entry per entrant, to be completed and signed by the parent. \$30.00 entry fee includes free T shirt which we ask you to wear on race day. Entries close on 20th September 2013.

Enter Online: Enter online at www.hamiltonhalfmarathon.org.nz

Training guide: If you have entered manually on receipt of your entry we will post you a training guide if you require one. For those entering online you will be able to download a training guide.

Acknowledgement of entries: Online entries will receive an e-confirmation. Confirmation for manual entries will be posted out with race instructions a week before event date. You must bring this confirmation with you on race day to pick up your race number and pack.

Race pack collection: Available for collection from the Flagstaff Club Friday 4th October 5 to 7pm, Saturday 5th October 12 noon to 4.00pm and from Sunday 6th October 7.00am.

Rewards: All finishers will receive a medal. All participants must complete their race on race day to receive their medal. Make up distances and/or alternate race dates are not recognised.

SCHOOL SPORTING GOODS VOUCHER

If your School enters 10 or more children the School will go into the draw to win a \$500.00 sporting goods voucher.

AFTER SCHOOL PROGRAMME

Kelly Sports will prepare and train your child at a school near you. For more information please contact www.kellysports.co.nz



We are pleased to be supporting the Child Cancer Foundation by way of donations from those competing in this event. The Child Cancer Foundation aims to provide high standards of support services to

all NZ children with cancer and their families, ensuring that they are well-informed, cared for and supported at every step of their journey. No child or their family walking the childhood cancer journey should ever feel alone.

CONTACT LYN HARRIS

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E admin@hamiltonhalfmarathon.org.nz

ORGANISED BY FITNESS ACTION CHARITABLE TRUST



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RUN IN CONJUNCTION WITH



SCAN THE QR CODE TO ENTER EVENT WEBSITE



RUN IN CONJUNCTION WITH THE



HAMILTON HALF MARATHON
Sunday 6th October 2013
PO Box 10044 Te Rapa, Hamilton 3241
New Zealand

SUNDAY 6TH OCTOBER 2013
www.hamiltonhalfmarathon.org.nz

EARTHCARE ENVIRONMENTAL
Caring for the environment and supporting active kids