

# ONLINE ENTRY

- > Enter online at [www.hamiltonhalfmarathon.org.nz](http://www.hamiltonhalfmarathon.org.nz)
- > Online entries will close at midnight 6th September 2010



## 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 6th September 2010.

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)		<input type="text"/>
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	<input type="text"/>		
Entry fee (Includes a free t-shirt) \$25.00	Total Amount Payable	\$	<input type="text"/>

T-Shirt size

1-2  4-6  8-10  12-14  Adults S

NOTE: Sizing is generous

### Payment by Visa or Mastercard only

Card Number:

Expire Date:

Signature:

Name on Card:

Security Code:

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 forgoing 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)

Parent's Signature

Date / /



### 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 9 – Fri 13 Aug	1km/day 5km total
Mon 16 – Fri 20 Aug	1km/day 5km total
Mon 23 – Fri 27 Aug	1km/day 5km total
Mon 30 – Fri 3 Sept	1km/day 5km total
Mon 6 – Fri 10 Sept	1km/day 5km total
Mon 13 – Fri 17 Sept	1km/day 5km total
Mon 20 – Fri 24 Sept	1km/day 5km total
Mon 27 – Fri 1 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

Photos will be taken of all finishers. [Marathon-Photos.com](http://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](http://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 is available in the field adjacent to Flagstaff Shops – enter by Kindergarten on Endeavour Avenue and follow the instructions from parking marshalls. 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 GREENFINGERS 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.

ORGANISED BY HAMILTON ROAD RUNNERS CLUB inc

### INVITATION

The Greenfingers 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 SBS Bank Hamilton Half Marathon on Sunday 3rd October 2010.

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 | Race Director

### IMPORTANT INFORMATION ABOUT MARATHON DAY

Where: Start/Finish at Flagstaff Park Commodore Ave Hamilton

Start Time: 11.30 am

Distance: Final 2.195km of your Marathon

Course: In Flagstaff Park

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. \$25.00 entry fee includes free T-shirt. **Entries close on 6th September 2010.**

Enter Online: Enter online at [www.hamiltonhalfmarathon.org.nz](http://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 1st October 5 to 7pm, Saturday 2nd October 9.00am to 5.00pm and from Sunday 3rd October 7.00am.

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



We are pleased to be supporting the Child Cancer Foundation by way of a donation from the entry fees of 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.

### MOTHER EARTH MAIL CAMPAIGN

Enter the Greenfingers Kids Marathon and you will be sent a fortnightly email about your training. Retain your email letter to redeem a Mother Earth product, compliments of Prolife Foods Ltd. Full details will be given in future emails to you.

### SCHOOLS SPORTING GOODS VOUCHER

A \$500.00 sporting goods voucher will be awarded by Greenfingers to the school who enrolls the most children per capita roll in the Greenfingers Kids Marathon.

### CONTACT LYN HARRIS

T 0800 426 425 (0800 HAM HALF)

E [admin@hamiltonhalfmarathon.org.nz](mailto:admin@hamiltonhalfmarathon.org.nz)



Run in conjunction with the



### SUPPORTED BY



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Run in conjunction with the



SBS BANK HAMILTON HALF MARATHON  
Sunday 3rd October 2010  
PO Box 10044 Te Rapa  
Hamilton 3241  
New Zealand

# SUNDAY 3rd October 2010

[www.hamiltonhalfmarathon.org.nz](http://www.hamiltonhalfmarathon.org.nz)

Greenfingers – caring for the environment  
and supporting active kids