



Present  
The Tradition and Quality of Indiana's Oldest Road Race !!!

THE 41<sup>st</sup> ANNUAL

# Sam Costa

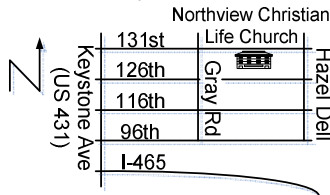
**HALF MARATHON**  
and 5th Annual  
**QUARTER MARATHON**  
(sponsored by Mike Helms, DPM)

**Saturday**  
**March 27th, 2010**  
9am Race Start

Northview  
Christian Life  
Church  
Carmel, Indiana

## » Location

The race will start and finish at Northview Christian Life Church, Carmel, Indiana. The church is located at 5535 E. 131st, 2 miles east of State Road 431 (Keystone Ave.), and just west of the Hazel Dell Parkway/131st Street intersection.



COURSE..... Both race distances are certified by the USATF. Enjoy winding rural roads & quiet suburban neighborhoods. See the course maps online at [samcosta.com](http://samcosta.com).

## » Entry Fee and Apparel

**Apparel for 2010:** All Half and Quarter Marathon Registrants will receive a short sleeve "Technical" shirt unless otherwise specified.

**Application:** Please use a separate application for each registrant. Indicate race, shirt size, and any additional apparel in the chart below.

## RECEIVE A DISCOUNT!

Join Indiana's largest running club and receive a reduced entry fee for this race. Visit the Indy Runners website at [www.IndyRunners.org](http://www.IndyRunners.org) and download an application.

Go to [samcosta.com](http://samcosta.com) for pre-race news updates and results.

Entry fees and apparel options	Indy Runner Price	Non-Member Price	IR Member	Non-Member	Sm	Med	Lg	XL	XXL (add \$3)	Totals
			"v" membership status.		"v" size in boxes below .					
<b>Half Marathon Entry received by 3/16:</b> Entry fee with technical race shirt	\$30	\$35								
<b>Half Marathon Entry received after 3/16:</b> Shirt not guaranteed available on race day	\$50									
<b>Quarter Marathon Entry received by 3/16:</b> Entry fee with technical race shirt	\$20	\$25								
<b>Quarter Marathon Entry received after 3/16:</b> Shirt not guaranteed available on race day	\$40									
<b>Extra Apparel (not available for entries after 3/16):</b>			Indicate size and qty in boxes below .							
Technical race shirt - Half	\$12									
Sweatshirt - Half	\$16									
Technical race shirt - Quarter	\$12									
Baseball Cap - Half	\$12		One size fits all. Indicate cap quantity:							
Knit Hat - Half	\$10		One size fits all. Indicate hat quantity:							
<b>Grand Total</b>										

## » Registration & Awards

All runners should check in (or register) between 7 a.m. and 8:45 a.m. on race day. The race begins promptly at 9 a.m.

For the **Half Marathon**, there will be awards for the top 3 overall in the Open and Masters divisions. Age group awards will be distributed in approximate proportion to the number of pre-registered entries received by March 16th. 5-year age groups start at **19 & under** and go to **75 & over**.

For the **Quarter Marathon**, there will be awards for the top 3 overall and the age group winners.

### TIME LIMIT FOR HALF MARATHON RACE COMPLETION

There is a **3 hour time limit** for completion of the "Costa". This equates to a 13:45 min/mile pace. We request you run the Quarter Marathon if you do not wish to maintain this pace, or faster, for the entire half marathon.

## » Mailing Info

Entry fee must accompany entry form. Make checks payable to Indy Runners & mail to :

**Indy Runners c/o 5808 Princeton Place  
Kokomo, IN 46902-5248**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Age \_\_\_\_\_ Sex \_\_\_\_\_ Phone \_\_\_\_\_

E-mail \_\_\_\_\_

### WAIVER

I know that running & volunteering to work in club races are potentially hazardous activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running & volunteering to work in club races including, but not limited to falls, contact with other participants, the effects of weather, including high heat &/or humidity, the conditions of the road & traffic on the course, all such risks being known & appreciated by me. Having read this waiver & knowing the facts, & in consideration of your acceptance of my entry, I, for myself & anyone entitled to act on my behalf, waive & release The Road Runners Club of America, Northview Christian Life Church, the City of Carmel, the City of Noblesville, the County of Hamilton, the State of IN, all sponsors, Indy Runners & their representatives & successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of persons named in this waiver.

Signature \_\_\_\_\_

Parent or Guardian if under 18