



549 W Randolph Street, Suite 704 • Chicago, IL 60661
Phone 312-666-9836 • Fax 312-781-1736

Registration Form
CARA's 2011 Summer Marathon Training Program

Name _____ CARA # _____

Address _____

City, ST, ZIP _____

Home Phone _____ Work Phone _____

E-Mail _____

Gender () M () F Birth Date _____ Running Club _____

Charity – AMERICAN BRAIN TUMOR ASSOCIATION

Training Pace: 7:00 7:30 8:00 8:30 9:00 9:30 10:00 10:30 11:00
11:30 12:00 **Run/Walk 11:30 **Run/Walk 12:00
**Run/Walk is Downtown, Montrose, Oak Forest & Wheaton only

Shirt Size: XS S M L XL XXL

Location:

- () Chicago - Beverly
- () Chicago - Hyde Park
- () Chicago - Downtown
- () Chicago - Montrose
- () Chicago - Montrose
- () Chicago - Montrose
- () Darien
- () Libertyville
- () Niles
- () Oak Forest
- () Wheaton

Session:

- Saturdays – 6:30 am
- Saturdays – 6:00 am
- Saturdays - 6:00 am
- Saturdays - 6:00 am
- Saturdays - 6:30 am
- Sundays - 6:30 am
- Saturdays - 7:00 am
- Saturdays - 6:45 am
- Saturdays - 7:00 am
- Saturdays - 6:50 am
- Saturdays - 6:45 am

Please Note - NO PRORATES apply and NO REFUNDS can be issued for any reason, including injury, after a program begins. REGISTRATION IS NOT TRANSFERABLE. You cannot give your registration to another person. Entry fee to the Bank of America Chicago Marathon is **NOT** included with the program fee. You must be 18 years or older to participate in CARA training programs.

Waiver (you must sign the waiver below)

In consideration of being permitted to participate in CARA's Training Programs, I do hereby, for myself and heirs and personal representatives, release and discharge the Chicago Area Runners Association, Bank of America, The Bank of America Chicago Marathon, Chicago Park District, Gatorade, NovaCare Rehabilitation, Goose Island Brewery, Fleet Feet Sports, and their affiliates, agents, employees, officers, directors, successors, assigns and all other persons connected with this program, from any and all liabilities on account of any injury, death or damage growing out of my participation, whether caused by their negligence or otherwise. I hereby grant full permission to any and all of the foregoing to use any photographs, motion pictures, recordings or any other record of this program for any legitimate purpose, without monetary payment to me. I am physically fit and sufficiently trained to participate in this program and recognize the risks involved, and intend by this release to assume full responsibility for anything that might happen to me.

Signature _____

Date _____



2011 CARA Summer Marathon Training Program

18 Weeks

Starts: Saturday, June 11th

Charity – AMERICAN BRAIN TUMOR ASSOCIATION

Fee: \$155.80

Why train with CARA for the Bank of America Chicago Marathon?

Below is a list of participant benefits included with the program:

- **NEW:** Exclusive access to the CARA INDOOR race day facility which includes a gear check, bathrooms, food, water, Gatorade, Goose Island beer, and more the morning of the Chicago Marathon.
- Entry into CARA's Super Clinic with expert speakers geared toward your level of marathon experience
- 17 weekend group training runs at a variety of paces and locations
- Entry into CARA's Ready to Run 20 Miler on September 18 is included
- Mid-week group runs to keep your running on track
- Run/Walk option
- Technical shirts for the first 3,000 participants
- Participants receive *Marathon: The Ultimate Training Guide* by Hal Higdon
- 24-hour injury prevention hotline provided by NovaCare Rehabilitation Center
- Participant Information Guide with training schedules, times, dates, locations, contacts and other details
- Individualized coaching from accomplished runners and CARA coaches
- Fundraising opportunities
- Weekly e-mail messages with tips on training

Credit Card Number: _____

Expiration Date: _____ **Security Code:** _____

Signature: _____

Make Checks Payable to:

American Brain Tumor Association

Mail to: American Brain Tumor Association – ABTA Running Team

2720 S. River Road, Suite 146

Des Plaines, IL 60018

Fax: 847-827-9918