

**4th ANNUAL THUNDERBIRD RUN: HALF MARATHON, 10K, 5K
August 22, 2009**

United Tribes Technical College, Bismarck, ND

REGISTRATION FORM

The 2009 Thunderbird Half Marathon is open to participants 14 years and over who are able to complete the 13.1 mile course in a 3 ½ hour time limit (16 minute mile pace). The 10K Run is open to participants 14 years and over, and the 5K Run is open to all ages. All participants must check in at the on-site registration table prior to the running events.

Last Name _____ Middle _____ First Name _____

Mailing Address _____

City _____ State _____ Zip Code _____

Date of Birth (MM/DD/YY) _____ Male/Female _____

Telephone (____) _____ E-mail Address _____

Half Marathon: Open Division (age 14-39) _____ Masters (age 40-over) _____

10K Run _____ 5K Run _____ Wheel Chair _____ (Half Marathon)

Age on Race Day _____ Shirt Size: S _____ M _____ L _____ XL _____ XXL _____

Race Course: The Half Marathon race course begins with 1 lap around United Tribes Technical College Campus, goes 3 miles east on Burleigh Avenue, turn north on Tavis Rd., continue north on Traynor Lane, turn east on Mills Road for a quarter mile, than north on Riverwood Drive bike trail for about a mile to the turnaround point. Return on the same route, and finish with a lap around campus. The race course is mostly flat.

Early Registration Fee

Received by August 20, 2009

Half Marathon: \$20.00

10K Run: \$15.00

5K Fun Run: \$10.00

Registration Fee After August 20, 2009

Half Marathon: \$25.00

10K Run: \$20.00

5K Run: \$15.00

Mail check and registration form to:

UTTC Community Wellness Services Depart.
Strengthening Lifestyles Program
United Tribes Technical College
3315 University Drive
Bismarck, ND 58504

For more information contact:

Ruth Buffalo-Zarazua, (701)-255-3285 ext. 1357
Fax: (701) 530-0645

All entry fees are non-refundable and non-transferrable.