R U N , W A L K O R S K A T E

THE COURSE

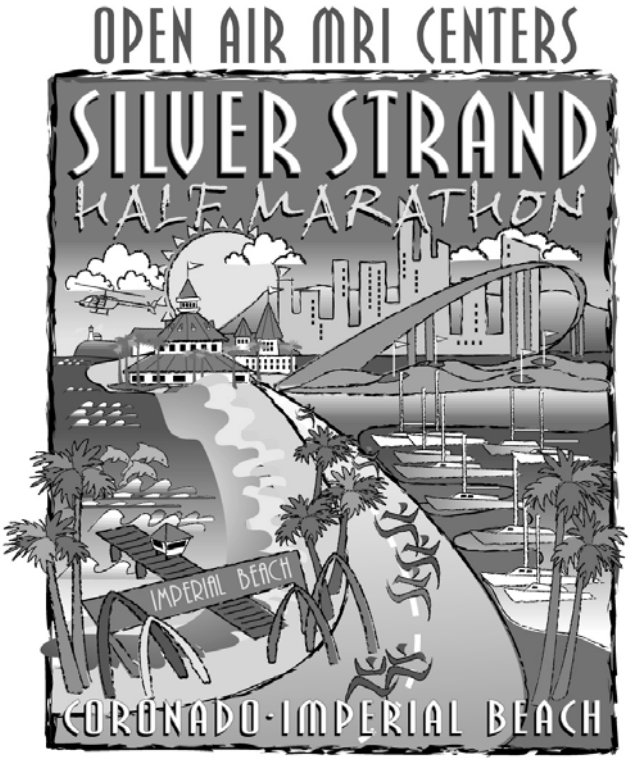
The course is a **flat** and **fast** point-to-point route from Sunset Park in Coronado to the Imperial Beach Pier, mainly on Silver Strand Blvd., Hwy 75.

RUN, WALK OR SKATE

The course is open to runners, joggers, walkers, handcyclists, wheelchairs and **NEW** this year roller/inline skaters. It's open to the entire family for fun and excitement!

NATIONAL LEG AMPUTEE CHAMPIONSHIP

Some of the world's fastest amputee athletes will line up at the starting line alongside able-bodied competitors from around the world. Cash prizes for the top leg amputee finishers.



November 16, 2003

PARTY AT THE PIER & AWARDS

After the race kick back and enjoy the sights and sounds of the Party at the Pier. There will be entertainment, vendor booths, massage and the awards presentation. Running awards will be given to the top three overall finishers, the top three finishers in each age category and the top three male/female special division finishers. Skate awards will be given to the top three in ten year age increments.

REGISTRATION

Enter online at www.active.com or mail entry and check to Silver Strand Half Marathon, c/o Breaking 40, P.O. Box 17079, San Diego, CA 92177-7079.

INFORMATION

Visit www.kozenterprises.com or call KOZ Enterprises at (858) 268-1250.

The Commander, Navy Region, Southwest sincerely thanks and appreciates the sponsors of this event. However, neither the Navy nor any other part of the federal government officially endorses any company, sponsor, or their products or services.

ENTRY FORM

Please print legibly in black ink. Mail entry form and fee to: **Silver Strand Half, c/o Breaking 40, P.O. Box 17079, San Diego, CA 92177.**

LLLLLLLLLLLLLLLLLLLLLL
First Name Last Name

LLLLLLLLLLLLLLLLLLLLLL
Address

LLLLLLLLLLLLLL LL LLLLL
City State Zip Code

LLLLLLLLLL LL L
Phone Age Sex

Category
❑ Run ❑ Walk ❑ Skate

T-Shirt Size
❑ S ❑ M ❑ L ❑ XL

BUS SHUTTLES - Important Information

Option 1: Drive your car to the Silver Strand State Beach before the start. Take the FREE bus shuttle to the start. Take the shuttle back to Silver Strand State Beach after the race.

Option 2: You will have someone drop you off at the start and pick you up at the finish.

Option 3: Park your car near Imperial Beach Pier (very limited parking). The first 200 participants ONLY may take the free shuttle to the start at 5:45 a.m. sharp. There will be no service after this time.

Check one option box: Option 1 ❑ Option 2 ❑ Option 3 ❑

CHECK ONE ONLY (RUN)

Men		Women
❑	11 & Under	❑
❑	12-14	❑
❑	15-18	❑
❑	19-24	❑
❑	25-29	❑
❑	30-34	❑
❑	35-39	❑
❑	40-44	❑
❑	45-49	❑
❑	50-54	❑
❑	55-59	❑
❑	60-64	❑
❑	65-69	❑
❑	70-74	❑
❑	75+	❑
❑	LEG AMPUTEE	❑
❑	STD WHEELCHAIR	❑
❑	HANDCYCLIST 17 & UND.	❑
❑	HANDCYCLIST 18+	❑
❑	MILITARY	❑
❑	CLYDESDALE	❑
❑	CLYDESDALE 40+	❑

RACE # LLLL

FEES

HALF MARATHON……..	$ 40
MILITARY……..	$ 30
CORONADO RESIDENT…	$ 30
IB RESIDENT……	$ 30
CHALLENGED ATHLETE...	$ 30
Late fee (after 10/31/03)….	$ 10
Mail Bib # Back…….	$ 2
TOTAL FEE	_____

Please make check payable to:
Silver Strand Half Marathon

WAIVER: **MUST BE SIGNED.**

I hereby release KOZ Enterprises, City of Coronado, City of Imperial Beach, Dept. of the Navy, Port of San Diego, Cal Trans, Breaking 40, USA Track & Field and all other sponsoring company(ies) or agency (ies) or individual (s) involved in the event from responsibility for any injuries or damages I may suffer as a result of my participation in the Silver Strand Half Marathon. I hereby consent to receive medical treatment which my be deemed advisable during the event and understand that I am solely responsible for all costs relating to medical transportation and/or evacuation. I will additionally permit the use of my name and pictures in broadcasts, telecasts, newspapers, brochures, etc. I understand that race numbers are not transferable. I certify that I am in good health and able to participate in this event and that all information provided in this form is true and complete.

Signature of athlete (or parent if athlete is under 18) Date