



# Registration Form

**Geist Half Marathon Participants Also Welcome!**

**The program is held at two locations:**

**January 27 – May 12, 2010**

**National Institute for Fitness and Sport**  
 Wednesdays at 6:00 pm / 250 University Boulevard  
 Downtown in White River State Park, on the campus of IUPUI

**Cherry Tree Elementary School**  
 Wednesdays at 6:00 pm / 13989 Hazel Dell Parkway, Carmel 46033

**Training Program Fees**

- \$18.95** ABG book\* ONLY (plus \$3 S&H)
- \$60** NIFS member      **\$70** NIFS member with book\*
- \$70** Non-member      **\$80** Non-member with book\*

\* *Absolute Beginner's Guide to Half Marathon Training* book by Heather Hedrick Fink, MS, RD, CSSD

**Here are a few things to remember:**

1. Spaces are limited, therefore all participants must pre-register.
2. All payments for NIFS and Carmel locations are non-refundable.
3. Participants are not automatically entered into the race. We highly recommend registering as soon as possible. Visit 500festival.com or geisthalf.com for details.

**Program Components**

- Weekly group training
- Running & Walking pace groups with training leaders
- Five different training protocols
- Refreshments after each training session
- Cross training on equipment at NIFS
- Educational Training Clinic
- Celebration post-event dinner party

For questions, or to register contact Heather Fink at **317.274.3432 ext 238** or visit **www.nifs.org** to print off a registration form and return to: **250 University Blvd, Indianapolis, IN 46202** or fax **317.274.7408**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **ZIP:** \_\_\_\_\_

**Daytime Phone:** \_\_\_\_\_ **E-mail Address:** \_\_\_\_\_

*(Please circle response)*

CURRENT NIFS Member: Yes / No  
 Location: NIFS CARMEL  
 T-shirt Size: S M L XL  
 Age: \_\_\_\_\_  
**Total enclosed** \_\_\_\_\_ **Check #** \_\_\_\_\_

*Please make checks/money orders payable to NIFS.*  
*If using a credit card, please complete this information:*  
 \_\_\_ Visa \_\_\_ Mastercard \_\_\_ Discover \_\_\_ American Express Exp. Date \_\_\_\_\_  
 Account Number \_\_\_\_\_  
 Name on Card \_\_\_\_\_  
 Signature \_\_\_\_\_



*having fun going 13.1!*