



Detroit Free Press/Flagstar Marathon – October 17, 2010

This flat/fast Boston qualifying course is diverse and exciting for all marathoners, half marathoners and relay team members. The course crosses the US/Canadian border at two points. The half and full marathon share a start/finish area on Fort Street near the Detroit Media Building with a wave start to ease congestion. Participants will cross the Ambassador Bridge, run through the Detroit/Windsor Tunnel (the only underwater international mile in the world), tour historic neighborhoods, Belle Isle and the beautiful RiverWalk on the water's edge, and finish back on Fort Street. There will be plenty of engaging entertainment and cheering supporters, water, aid stations and porta-johns along the route.

- The marathon is open to both runners and walkers age 16 and over who are able to complete the 26.2-mile course within a 7-hour time limit. The half marathon is open to runners and walkers age 13 and over who are able to complete the 13.1-mile course in a 4 hour time limit. Each individual participant will be required to raise a minimum contribution of \$1000 by race day.
- Relay teams, up to 5 people, can also participate. Each member of the relay team must register for the race and meet all age requirements listed above and is required to raise a minimum of \$750/member.
- There are no age or course restrictions for the 5K Fun Run and Fitness Walk and the required minimum to raise is \$500.
- If you are between 14 and 17 years of age please review the KOOL KIDS registration information for commitment and fundraising requirements.
- Participants must complete the registration form in full either on-line or mail or fax it with the non-refundable commitment fee of \$100/participant for the marathon, half marathon and relay teams and \$50 for 5K participants.
- Each participant will be responsible for any balance of the minimum required still outstanding on race day.
- NACoA will arrange for hotel accommodations for one night for participants for a group discounted rate.

Participant Package Includes:

Registration-related expenses and race packet, a pre-race pasta dinner and rally, goodie bag and a *Run for the Children*® T-shirt (to be worn during the race).

Special Incentives:

Participants from outside of Detroit and its environs who raise \$500 or more above the required minimum **by 09/01/08** qualify for air transportation reimbursement up to \$300/registered runner.

General Information:

- Participants are required to make all arrangements for their own transportation.
- Whether you are an experienced marathoner or just getting started, our comprehensive training program for both runners and walkers includes training schedules and access to our coach and staff members, who are available via phone or e-mail, and fundraising tips and periodic newsletters/e-blasts.
- Upon receipt of your registration commitment, you will receive a complete *TEAM NACoA* packet with all the materials and information you need to do your fundraising and to get started preparing for NACoA's *Run for the Children*® in the Detroit Free Press/Flagstar Marathon.

NOTE: In the event a participant must withdraw from *any* of the races neither the commitment fee nor contributions already received by NACoA will be refunded.

About NACoA

Over the past 10 years NACoA's *Run for the Children*® has reached out to the public through participation in marathons across the country to support efforts to help the people hurt most by drugs and alcohol - the children of alcohol and other drug dependent parents. NACoA believes that none of these vulnerable children should grow up in isolation and without support. We thank you for helping.

Our mission is to eliminate the adverse impact of alcohol and drug use on children and families.

Please mail or fax your registration form to:

✉ National Association for Children of Alcoholics

NACoA *Run for the Children*®

11426 Rockville Pike, Suite 301

Rockville, MD 20852 or Fax to (301) 468-0987

Email: jendicott@nacoa.org • www.nacoa.org • 1-888-55-4COAS

[Register on-line](#) * [Register by mail or fax](#)