



REGISTRATION FORM Chicago Half Marathon

Complete and Mail this form to the following address:

Heshima Kenya
PO Box 408077
Chicago, IL 60640

First Name:
Last Name:
Birth Date:
Email Address:
Address:
Street:
City, State, and Zip

Day Phone:

Emergency Contact Name:
Emergency Contact Information:
T-Shirt Size:

What is your Predicted Finish Time? (Time must be no more than 02:50:00):

SEEDING REQUEST: PROOF REQUIRED:

Please indicate whether you will be submitting seeding information (this will be checked on the registration form): Yes or No

If you can run a half-marathon distance in 1:48:00 or faster, you can be seeded toward the front of the starting area. You may request seeding after registration with proper proof. You must provide proof in the form of results from a road race that has occurred between September 13, 2009 and August 8 2010, that is at least a 5K in distance. All submissions of seeding proof must be post-marked by August 11, 2010, no exceptions!

To submit proof please either email a link to your results at info@chicagohalfmarathon.com or mail in your results to:

Chicago Half Marathon
Attn: Seeding Proof
13795 Oakwood Court
Carmel, IN 46032

Seeding Chart

	5K		4M		5M		10K		13.1		26.2
Level 1	18:50		24:40:00		31:30:00		40:00:00		1:30		3:10
Level 2	20:30		27:15:00		35:30:00		45:00:00		1:40		3:30
Level 3	21:40		29:00:00		38:00:00		48:00:00		1:48		3:50