



**Long Distance Series (LDS)**  
**2009 Verification Form**  
**(Due by 12/31/09)**

Member Name: \_\_\_\_\_

Gold Cup?    YES    NO

*(Check/circle races completed)*

**List of Race Names & Dates**

<b>Date of Race</b>	<b>Race Name</b>	<b>Race Location</b>	<b>Finish Time</b>
04/18/2009	TALTREE TEN	Valparaiso, IN	_____
06/06/2009	SUNBURST HALF MARATHON	South Bend, IN	_____
09/27/2009	CALUMET CITY MEMORIAL PARK DISTRICT MINI MARATHON	Calumet City, IL	_____
10/11/2009	BANK OF AMERICA CHICAGO MARATHON	Chicago, IL	_____

By signing below, I attest that I have completed the races indicated above.

\_\_\_\_\_  
Signature of Member

\_\_\_\_\_  
Date

Mail to:

**Calumet Region Striders**  
**PO Box 225**  
**Griffith, IN 46319**