



Bone & Joint Care Specialists

SPRING SPRINT DUATHLON

March 24 - - 10:00am
Hell's Gate State Park
Lewiston, Idaho



Race Day Entries Welcome
RACE WILL BE CHIP TIMED

THE RACE: The race is a 2-mile run, 12-mile bike, 2-mile run. The run starts at the North Parking Lot in Hell's Gate State Park and heads north on the Greenbelt Levee system for one mile, then returns to the finish area. The bike portion leaves the parking lot, heads out the main entrance with a right turn (south) onto Tammany Creek Road, proceeds six miles then returns to the park. Then a repeat of the run. (Both ROAD and MOUNTAIN bikes can be used – 100% pavement).

PACKETS: Will be available race morning at the transition area. Late registration can also be done at this time. Race is chip timed, so allow adequate time to register and complete all race day activities.

TEAMS: Made up of two people. Typically one does the run portions, the other does the bike portion.

PARKING: The park charges a day use parking fee of \$5 per vehicle.

TRI NORTHWEST RANKINGS: The individual duathlon race is part of the Tri-Northwest Rankings for the 2011 Season.

AWARDS: Trophies will be awarded to the overall male and female winners and the overall winning team. Awards will be given to the top 3 in each 5-year age group after excluding the overall winners.

COSTS:

INDIVIDUAL W/ SHIRT	\$45.00
INDIVIDUAL W/OUT SHIRT	\$30.00
2-Person Team W/ SHIRTS	\$60.00
2-Person Team W/OUT SHIRTS	\$40.00
LATE FEE (per person) (after March 7)	\$5.00

You can register
online at



Make Check Payable to:

LCSC Cross Country
C/O Dr. Mike Collins
500 8th Avenue
Lewiston, ID 83501

WEB PAGE and INFO:

<http://www.lcsc.edu/crosscountry/2012funruns.html> or link through LCSC Cross Country. Or, contact Coach Collins at 208-792-2308 or at mcollins@lcsc.edu.

2012 SPRING SPRINT DUATHLON ENTRY FORM

CHOOSE CATEGORY:

- | | | | |
|---|------------------------|---|---------|
| <input type="checkbox"/> Individual with Shirt - - - - - | \$45.00 | <input type="checkbox"/> Individual without Shirt - - - - - | \$30.00 |
| <input type="checkbox"/> 2-Person Team with Shirts - - - - - | \$60.00 | <input type="checkbox"/> 2-Person Team without Shirts - - - - - | \$40.00 |
| <input type="checkbox"/> Late Fee per Person - - - - - | \$5.00 (AFTER March 7) | | |

If TriNW Member, your \$5.00 refund will be given at Packet pickup on race morning with card.

BIB# _____

INDIVIDUAL OR TEAM ENTRY (RUNNER)

Name: _____ Address: _____ City: _____ State: _____ Zip: _____ Phone: () _____

Age: _____ Email: _____ Birthday: ____ / ____ / ____ TriNW #: _____ Gender: M or F Shirt Size: Sm Med Large XL

IF TEAM ENTRY (CYCLIST)

Name: _____ Address: _____ City: _____ State: _____ Zip: _____ Phone: () _____

Age: _____ Email: _____ Birthday: ____ / ____ / ____ TriNW #: _____ Gender: M or F Shirt Size: Sm Med Large XL

Please Read the Following statement and sign below before submitting entry.

I know that competing in a duathlon is a potentially hazardous activity. I should not enter and compete unless I am medically able and properly trained. I assume all risks associated with competing in this event, including, but not limited to falls, contact with other participants, the effects of weather, traffic, interactions with non-participants and the conditions of the road all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of the acceptance of my entry, I, myself and anyone entitled to act on my behalf, waive and release any and all sponsors and organizers, their officers, agents and assigns, the race director and volunteers from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of the negligence or carelessness on the part of the persons named in this waiver. **I also understand that my entry fee is non-refundable and non-transferable.** Race is chip-timed and I am responsible for returning my chip. Failure to return will result in a \$25 replacement fee. A parent must sign if the child is under 18 years of age. This certifies that the child has permission to participate and agrees to the previously stated waiver.

ACTS OF GOD & OTHERS DISCLAIMER: Although it is not anticipated that weather, road construction, etc.. will affect the race. The race organizers reserve the right to adjust the course, the time of the race and anything other compensations necessary due to factors beyond their control which includes, but is not limited to weather, road construction, ... In eleven years of putting on these races we have never had to worry about this type of an event, but want to be sure that any and all participants are aware that it could happen and that we will make every effort to conduct the race to the best of our ability with the safety of all participants and volunteers in mind.

Signature: _____ Date: _____

Signature: _____ Date: _____

Signature: _____ Date: _____

(PARENT if entrant is under age of 18)

