

Duathlon Race Format

Order of Events:

RUN-BIKE-RUN

Run: 2.5 Miles – Bike: 11 Miles – Run: 2 Miles
The Race Format will be Individual or Relay teams.

Entry Fees & Check-In

\$50.00/Team \$25.00/Individual

Fee also includes Lunch after the race & T-shirt

Check-in at DeSoto State Park: Saturday 10/9/10 7:00am – 8:30am

Required Items

-Bike & Bike Helmet & Appropriate Footwear are required

Race Schedule / Classes

8:30am – Check-In closes / 9:00am – Start of race

1st Wave – Relay – 2nd Wave – Individual

Classes: Co-Ed, Male or Female

Scoring/ Prizes

Individual/Relay:

Run Time + Bike Time = Overall Time

Trophies & Prizes will be awarded to the 1st, 2nd & 3rd place finishers in each division.
Fastest overall male and female times in the run, and bike will be honorably mentioned.

Duathlon Course/Race Description

Trail Run: This will be an approximate 4.5 mile trail run in DeSoto State Park

Bike: Challenging 11 miles of single track, inside DeSoto State Park with some moderate climbs and some fast twisting downhill.

~5 K/10 K Race Format~

Entry Fees & Check-In

\$20.00

Fee also includes Lunch after the race & T-shirt

Check-in at DeSoto State Park: Saturday 10/9/10 7:00am – 8:30am

Race Schedule / Classes

8:30am – Check-In closes / 9:00am – Start of race

Classes: Male & Female

Prizes

Trophies & Prizes will be awarded to the 1st, 2nd & 3rd place finishers in each division.

Duathlon Course

Trail Run: Trail run will take place on trail in DeSoto State Park

Area Accommodations

DeSoto State Park-for cabins, chalets & motel call 256.845.5380 or 1.800.760.4089 or
www.desotostatepark.com Area hotels: Holiday Inn Express 256.997.1020;
Days Inn 256.845.2085; Econo Lodge 256.845.4013; Hampton Inn 256.304.2600

Registration Form:

Race Type: Duathlon 10 K 5 K

Individual Information:

Circle one: **Male** **Female**

Team Information:

Team name: _____

Team Class:(circle one) Co-Ed **Male** **Female** Relay Individual

Team Member #1/or Individual

Full Name: _____

Address: _____

E-mail addressPhone: _____

Birth Date: _____ Sex: _____ T-Shirt Size: S M L XL

Team Member #2

Full Name: _____

Address: _____

E-mail addressPhone: _____

Birth Date: _____ Sex: _____ T-Shirt Size: S M L XL

Release please read carefully and sign.

I understand that bicycle riding is potentially hazardous and involves a certain degree of risk that my result in injury or death. In consideration of the benefits to be derived after carefully considering the risk involved, I am voluntarily entering into these activities with the knowledge of such danger recognizing that participation in The Way Home's Lookout Mountain Off Road Triathlon /Duathlon is voluntary. I hereby accept any risk of injury or death. In consideration of being permitted to participate in this activity, I, for myself, my spouse, legal representative, heirs, and assigns, hereby release, waive, indemnify and hold harmless and discharge club, its trip leaders, coordinators, sponsors, representatives, officers, directors, employees, volunteers and any other person associated with such activity, from all liability to me my spouse, legal representative, heirs, and assigns, for any and all damage, any claim for damages resulting there from, on account of injury to my personal property, or my death, whether caused by negligence of Club or otherwise while I am taking part in this activity. I understand that bicycle riding is physically strenuous and I should not participate in a club event including, but not limited to, falls, contact with other participants, the effects of weather on trail or road conditions, traffic and certify that I have read and understand the importance and provisions, and the release of liability.

Signature or Signature of Parent or Guardian if under 18

Date

Mail Registration & Payment to:

**Little River Cycle
2804 Greenhill Blvd. Suite 102
Fort Payne, AL 35968**

Or

Register @ www.littlerivercycle.com or online @ www.active.com

2010 Lookout Mountain
Off Road
Duathlon,
And 5K/10K Trail Run
October 9, 2010

