

2010 Hammer Man Triathlon

A portion of the proceeds will be donated to the Department of Natural Resources

Date: Saturday September 25th 2010

Location: The Hammerman Area of Gunpowder State Park
7200 Graces Quarters, Chase, MD 21027

Start Time: 8:00 AM

of Participants: Limited to the first 400 entries

Entry Fee:

- Early Registration: \$50 (by July 15th)
- Regular Registration: \$60 (July 16th – August 23rd)
- Late Registration \$70 (August 24th – September 15th)
- Race Day Registration \$80 (do not mail in registrations after September 15th however online registration is available until the 20th)
- \$10.00 additional fee for all participants that do not carry a USAT membership card for the 2010 year
 - Visit www.contesmultisportclub.com for online registration through www.active.com
 - **Or** make checks payable to **RC Bicycles LLC**
 - Mail checks to:

Shawn Loper • 1310 Brushing Lane • Bel Air, MD 21015

Pre-Race Packet Pick Up: Thursday September 23rd & Friday September 24th from 5:00 PM-7:30 PM at Conte's Bicycles and Fitness (Bel Air)
www.contebikesstores.com

Awards:

Top 3 – Overall – Male & Female
Top 3 / Age Group – Male & Female
19 & Under, 20 – 24, 25 – 29, 30 – 34, 35 – 39, 40 – 44, 45 – 49, 50 – 54, 55 – 59, and 60+

Course:

- 1,000 meter swim in the Gunpowder River
- 13 mile bike ride through the park and the surrounding Chase area
- 5k run inside the park on a variety of surfaces including grass, asphalt, and wooded trails

Amenities

T-Shirt for each participant, chip timing, random prizes, post-race refreshments, water stops on run and at transition area, onsite technical aid (Conte's), volunteers, signs throughout the course*

**Police will not be available on the bike portion of the triathlon. Participants must be aware of their surroundings and ride at their own risk obeying all rules of the road. Course design takes this into consideration with primarily right-hand turns to avoid traffic interference & promote safety.*

Sponsors:

Conte's Bicycles and Fitness, Chick-Fil-A, Elite Race Management, Ultimate Water Sports, Hammer Nutrition Classic Team Sports, Falls Road Running Store, Hart to Heart Ambulance
Transition and finish line timing and results by www.eliteracemanagement.com

HAMMER MAN TRIATHLON SEPTEMBER 25TH, 2010 – HAMMERMAN AREA OF GUNPOWDER STATE PARK – 8:00AM

Contact Info:

First Name: _____ Last Name: _____ MI _____

Mailing Address: _____ City: _____ State: _____

ZIP Code: _____ E Mail Address _____ Telephone # _____

Personal Info:

Age on race day: _____ Birth Date: _____ Male or Female: _____ T- Shirt Size (S/M/L/XL): _____*

Payment Information: (make checks payable to: **RC Bicycles LLC**)

Please check next to the correct amount:

<input type="checkbox"/>	Early Registration (by July 15th)	\$50.00
<input type="checkbox"/>	Regular Registration (July 16 th to August 23rd)	\$60.00
<input type="checkbox"/>	Late Registration (August 24 th to September 15th)	\$70.00
<input type="checkbox"/>	1 day USAT membership	+ \$10.00 OR write in current 2010 membership # _____

Total Payment Amount: _____

Waiver/Release Must Be Signed Before Mailing:

In consideration of the acceptance of my entry, I, on behalf of myself, my heirs, executors and assignees, hereby release and discharge RC Bicycles LLC, the race director, the Department of Natural Resources, Gunpowder State Park Hammerman Area personnel, Elite Race Management, LLC, volunteers and race sponsors of all claims, damages, demand, actions, whatsoever in any manner arising out of my participation in said athletic event. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate. Further, I hereby grant full permission to any and all of the foregoing to use my name, photographs, videotapes, motion pictures, recordings or other record of this event for any legitimate purpose, without compensation or remuneration. I also understand that the bicycle ride portion of this event will not have police directing traffic and I will have to abide by all traffic signs and signals on the bike ride course.

Signature (parent or guardian signature if under 18)

Date

*T-shirt size only guaranteed for early and regular registrants