

# 2011 Fallston Duathlon

5k Run – 19 Mile Bike – 5k Run

Sunday, May 1<sup>st</sup> 2011

7:30 AM

Annie's Playground, Fallston, MD

*A portion of the proceeds benefit the Leukemia & Lymphoma Society, the world's largest voluntary health organization dedicated to funding blood cancer research, education and patient services.*

## Entry Fee:

**Individual** - \$60 until February 28, \$70 until March 31, \$80 until April 28, \$90 at packet pickup (Price includes a 1 day USAT Permit; participants who are current USAT members will receive a \$10.00 discount)

**2 Person Relay** - \$80 until February 28, \$90 until March 31, \$100 until April 28, \$110 at packet pickup (Price includes a 1 day USAT Permit; teams that have at least 1 current USAT member will receive a \$10.00 discount)

## THERE IS NO RACE DAY REGISTRATION AT THE 2011 FALLSTON DUATHLON

Do not mail registrations after 4/22; online registration is available until 4/27)

- Visit [www.EliteRaceManagement.com](http://www.EliteRaceManagement.com) for online registration through [Active.com](http://Active.com)
- Or mail registration form and check payable to **Elite Race Management** to P.O. Box 44608 Baltimore, MD 21236

## Pre-Race Packet Pick Up:

- Friday, April 29<sup>th</sup> from 5-7 PM at the Bicycle Connection – [www.TheBicycleConnection.com](http://www.TheBicycleConnection.com)
- Saturday, April 30<sup>th</sup> from 12-4 PM at the Bicycle Connection Express – [www.BicycleConnectionExpress.com](http://www.BicycleConnectionExpress.com)
- Sunday, May 1<sup>st</sup> from 6-7 AM at Annie's Playground – [www.AnniesPlayground.net](http://www.AnniesPlayground.net)

## Awards:

Individuals:

- 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+

Team Relay:

- Top Male, Female, and Mixed Gender Team Overall

## Course:

USAT sanctioned course with 5k on Ma & Pa Trail (asphalt, cinder & wood surfaces) and 19 mile bike route with rolling hills, majority of distance is on wide roads with shoulders

## Amenities:

T- shirts for all participants (*shirt sizes not guaranteed for those who register after April 22*), water and HEED sports drink available on course, mile splits on run, random prizes, post-race refreshments, onsite medical professionals, course marshals, police, and signs throughout the course, onsite parking

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## 3<sup>rd</sup> ANNUAL FALLSTON DUATHLON – MAY 1, 2011 – ANNIE'S PLAYGROUND – 7:30 AM

### 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: \_\_\_\_\_

**Payment Information:** (make checks payable to: Elite Race Management)

**Shirt Size:** (circle one) S M L XL XXL

**Please check next to the correct amount:**

<input type="checkbox"/>	Individual Registration	\$60.00 until 2/28, \$70 until 3/31, \$80 until 4/28, \$90 at packet pickup
<input type="checkbox"/>	Relay Registration (Each member must fill out a separate form & attach)	\$80.00 until 2/28, \$90 until 3/31, \$100 until 4/28, \$110 at packet pickup
<input type="checkbox"/>	USAT Member Discount (See above for explanation)	- \$10 - Write in Current 2011 Membership # _____
		<b>Total Payment Amount: \$ _____</b>

### 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 Elite Race Management LLC, Leukemia & Lymphoma Society, the race director, Harford County Sheriff's Department, Maryland State Police, 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.

\_\_\_\_\_  
Signature (parent or guardian signature if under 18)

\_\_\_\_\_  
Date