

2011 Hammer Man Triathlon

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

Date: Sunday, October 2, 2011

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:

- \$65 (by July 31st), \$80 (August 1st – August 31st), \$95 (September 1st – September 28th)
- Do not mail in registrations after September 20th
- Registration is available at the 9/30 & 10/1 packet pickups for \$110
- Current USAT members receive a \$10.00 discount off of the above rates
 - Visit www.eliteracemanagement.com for online registration through www.active.com
 - Or make checks payable to **Elite Race Management LLC** and mail to:
Elite Race Management • PO Box 44608 • Baltimore, MD 21236

Pre-Race Packet Pick Up: Friday, September 30th & Saturday, October 1st at location TBD

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:

- 800 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, **Polar Bottles for participants who register by 8/31**, chip timing, random prizes, post-race refreshments, water stops on run and at transition area, onsite technical aid and support vehicles, volunteers, signs throughout the course, and limited police presence. *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.*

HAMMER MAN TRIATHLON - OCTOBER 2, 2011 – 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/XXL): _____ *

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

Please check next to the correct amount:

<input type="checkbox"/>	Early Registration (by July 31 st)	\$65.00	
<input type="checkbox"/>	Regular Registration (August 1 st to August 31 st)	\$80.00	
<input type="checkbox"/>	Late Registration (September 1 st to September 28 th)	\$95.00	
<input type="checkbox"/>	Packet Pickup Registration	+ \$110.00	
<input type="checkbox"/>	USAT Member	-\$10.00	Write in current 2011 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 Elite Race Management, LLC, the race director, the Department of Natural Resources, Gunpowder State Park Hammerman Area personnel, 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