

AKWESASNE DUATHLON

**1.5 MILE RUN - 8 MILE BIKE - 1.5 MILE RUN
AND 1 MILE FUN RUN/WALK FOR AGES 12 & UNDER
AUGUST 12, 2011**



General Layout

Duathlon Details:

Time & Place: The race start, finish, and all transitions will be held at the Generations Park next to the Senior Center behind Tribal Police Station, 545 State Route 37 Akwesasne. The race will start at 6:30 pm.

Cost: Individuals: \$8.00 if postmarked by August 1
\$10.00 thereafter

Team: \$16.00 if postmarked by August 1
\$20.00 thereafter

T-Shirts will be available on race day to all who pre-register and to all else on first come first serve basis.

Registration: Mail Registration to: Duathlon, P.O Box 222, Massena, N.Y. 13662.

By phone – 315.842.2540

Online info – www.gotribs.org

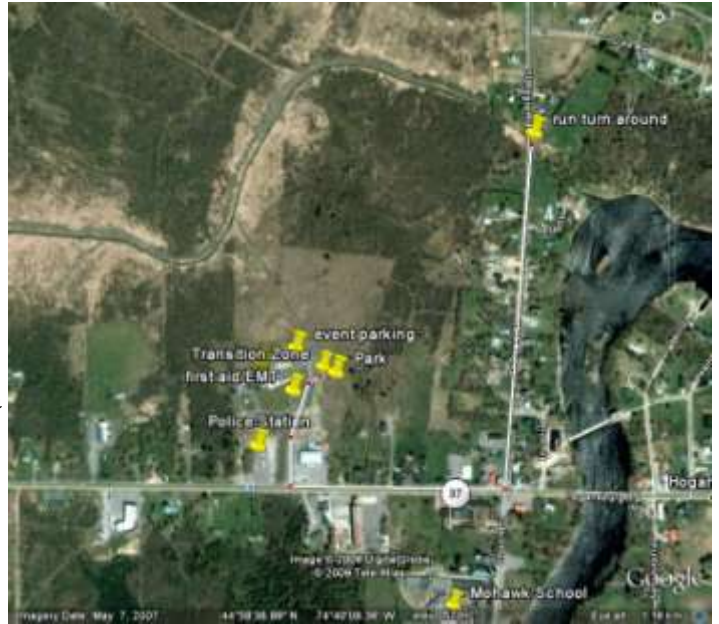
Race Day - Registration on race day will be at Generations Park beginning 5:00pm till 6:15 pm.

Duathlon Specifics:

Course:

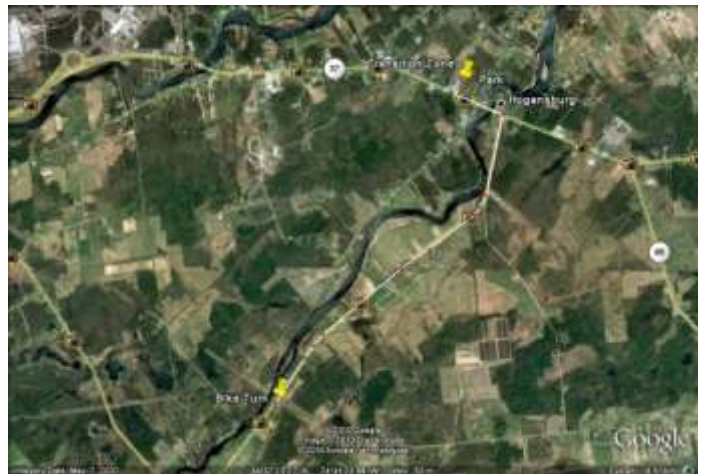
1.5 Run

All transitions will take place in the parking area for Generations Park and the Senior Center. The run portion will begin near the driveway for the Senior Center and head left on State Route 37. All runners must stay on the left side of the road in single file format as much as possible. Run to lighted intersection and make another left on St. Regis Rd. for about another .52mi. After running a total of .75mi, turn around just before Cree Rd. and return to transition area to begin bike. From the lighted intersection all the way to transition area runners will be asked to stay on the right side of the road in order to leave opposite side open to bikers. After the bike, the final run will be on the same course.



8mi. Bike

The bike route will exit the exchange zone on the right side of the road cautious of runners and head out left across 37. Ride across lighted intersection, and then turn right down Route 37C, and continue for a total of 4 mile turn around. Bikers will be asked to stay on left entering road from police station to exchange area cautious of runners leaving for final portion of Duathlon. **ALL BIKERS MUST WEAR A HELMET AND WALK BIKE IN AND OUT OF TRANSITION AREA!**



During the main event, a fun run/walk will be offered for younger participants: ages 12 and under. The run/walk will be 4 laps around the fenced field at the park about 1mi. The race will begin after the last cyclist leaves the transition area.

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For Office Use Only

*Contestant
Number*

Entry Form

NAME: _____ SEX: ____ AGE (ON RACE DAY): ____

ADDRESS: _____

DOB: _____ PHONE: _____

T-SHIRT SIZE: S _____ M _____ L _____ XL _____

TEAM: YES or NO AGE 12 AND UNDER 1MI FUN RUN (4 laps around field) YES or NO

Runner's/Walker's name _____

Biker's name _____

Runner's/Walker's name _____

Waiver of Legal Liability: I know that racing a Duathlon is potentially a hazardous activity I should not enter and compete unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the race. I assume all the risks associated with participating in this event, including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic 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 your accepting my entry, I, by signing below for myself and anyone entitled to act on my behalf, do hereby release and discharge from Akwesasne, Northern TRIBS Swimming, Franklin and St. Lawrence Counties including New York State, and all volunteers and sponsors, their representatives, successors and assigns for any and all injuries suffered by me in this event however incurred or sustained. I attest and verify that I am physically fit and have sufficiently trained for the competition of this event.

SIGNATURE: _____ DATE: _____

PARENT'S SIGNATURE: _____ DATE: _____

(if under 18 years of age)

Each team member must complete own application form and mail together.