

Sports Barn's Fall Duathlon

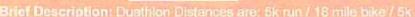
Sunday, September 12, 2004 7:15 AM

Individual Fee: \$40.00





Relay Team Fee: \$65.00





Run Course: 3.4 Miles: Run Course starts at the Sports Barn and goes up 3rd St. to the Bluff View Area and on the River Walk to the Boat House Restaurant and Back the same way.

Bike Course: 15 Miles: The bike course starts at the Sports Barn and goes down 4th St. to Houston St. and on to Riverside Drive/ Amnicola Hwy to the Chickamauga Dam and back to the Sports Barn.

The race starts at 7:15 am.



Personal Fitness Specialists

ACTIVE.COM

Day of Registration Sunday, September 12th from 5:30-6:30 a.m. at the Sports Barn Downtown.

Pre-Race Packet Saturday, September 11, 2004 from noon until-5:00 p.m. @ The Sports Barn Downtown.

Location The Sports Barn Downtown. Get off I-24 onto the 4th Street Exit: turn left on Market St. Parking is available on the Cherry Street Parking Deck.

Course Run-moderately challenging, bike- one climb on the way out, the rest flat & fast (All roads will be open to vehicle

Food An assortment of fresh fruits and PowerAde will be available for your health and enjoyment.

Markers All miles on run, 5 mile intervals on bike. Water will be available on the run course.

Rules USAT Rules and Regulations apply.

Overall Winner Awards

1st-\$75, 2nd-\$50, 3rd \$25, Cash awards will be given to the top three male and female winners of each age group.

Age Divisions Male & Female: 12& under, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-59, 60+

Relay Teams Male, Female, Co-ed Shirts A t-shirt to all registered participants. Parking Upper deck parking is available at the Cherry St. entrance (Sports Barn Downtown)

Additional Information

Teresa Potts-Wade

423-493-9566 (pm) tpotts@personal-fitness.com

Stuart Gladish 394-4290

Brian Harrison 266-1125

Duathlon Registration (field limited to the first 400 enrolled)

Name						Age on Race Day		
Address						Sex M_	F	
City	State	Zip		Day P	hone			
			T-shirt size: M_	L_	XL_	XXL	(circle one	
Email Address			74-35 33-33					
Team: If entering as a tea application.	m, please check here	and list the name	s of all other tea	ım par	ticipar	nts on the t	back of this	
Entry Fee: Thr	ough September 7, 2004—\$	40.00/ After Se	otember 7, 2004	(throu	igh ra	ce day \ \$4	5 00	

Make checks payable to Personal Fitness Specialists and send your completed entry form and fee to: Sprint Triathlon, Attn: Teresa Potts-Wade, 303 Amherst Avenue, Chattanooga, TN 37411

Team Fees: \$65.00 (please send all Team entries in one envelope with payment)

PLEASE SIGN THE WAIVER ON THE BACK PAGE BEFORE SENDING IN REGISTRATION

Duathlon Details Transition Area

Transition Area - Run to bike to run to (Sports Barn Downtown - lower parking area on Market Street) Also, Day of registration.

Note: bike rack space available to first 250 registered; race numbers will be assigned upon receipt of registration. Day of event, registrant's need to drop off running gear to the Transition Area before registration-overflow racks will be available. Each participant is responsible for transporting their own gear to the Transition Area. Marked & labeled items left at the Transition Area will be placed in the lost and found. The Transition Area bike racks will be on the lower deck of the Sports Barn parking garage. The Transition Area will be open by 6:30 am.



Hotel Information

Days Inn Rivergate Hampton Inn Hixson 901 Carter Plaza 1920 Hamill Road 423-266-7331 423-877-3100 15 rooms/\$69 15 rooms/\$74 Holiday Inn Express 7024 McCutcheson Road 423-490-8560 15 rooms/\$64

Please tell hotel reservations that you are with the Sports Barn Duathlon in order to receive the above event rate.





The Event Sponsored by:

- * Personal Fitness Specialists * The Sports Barn
- * Southern Coffee *PowerAde * Quintana Roo
- * River City Bicycles * Chattanooga Track Club *







Websites for additional information: Chattanooga Track Club see www.chattanoogatrackclub.org,

active.com and The Sports Barn see www.sports-barn.com



Waiver: I know that participation in a duathlon sporting event is a potentially hazardous activity. I should not enter and participate 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 event. I assume all risks associated with participating in this event, including, but not limited to falls, contact with other participants, the effect of the weather, including high heat and /or humidity, traffic and road conditions, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf waive and release The Sports Barn, Hamilton County and all sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of my participating in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. Also, I will not wear headphones while cycling or running. I will not to attempt to use a skateboard or roller skates during the running events.

Date
Date

	Team Pa	rticipants
Name	Name	Name
Littering on the	ace course is prohibited, participa	nts caught littering are subject to being penalized.