

# Sports Barn's Fall Duathlon

Sunday, September 12, 2004 7:15 AM

Individual Fee : \$40.00

Relay Team Fee : \$65.00



**Brief Description:** Duathlon Distances are: 5k run / 18 mile bike / 5k

**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 traffic).

**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 Phone \_\_\_\_\_

T-shirt size: M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ XXL \_\_\_\_\_ (circle one)

Email Address \_\_\_\_\_

**Team:** If entering as a team, please check here \_\_\_\_\_ and list the names of all other team participants on the back of this application.

**Entry Fee:** Through September 7, 2004—\$40.00/ After September 7, 2004 ( through race day ) \$45.00

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

**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**

**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 | Holiday Inn Express   |
| 901 Carter Plaza   | 1920 Hamill Road   | 7024 McCutcheson Road |
| 423-266-7331       | 423-877-3100       | 423-490-8560          |
| 15 rooms/\$69      | 15 rooms/\$74      | 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.chattanooga-trackclub.org](http://www.chattanooga-trackclub.org),

active.com and The Sports Barn see [www.sports-barn.com](http://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 attempt to use a skateboard or roller skates during the running events.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Signature of parent or guardian if under 18 years of age. \_\_\_\_\_

Date \_\_\_\_\_

## Team Participants

Name \_\_\_\_\_ Name \_\_\_\_\_ Name \_\_\_\_\_

Littering on the race course is prohibited, participants caught littering are subject to being penalized.