



# Pagosa Duathlon

“Do-the-Du”

**July 10, 2010**

**Mini-Du starts at 8:00am**

**Full & ½-Du start at 8:30am**

**Pre-race briefing at 8:20am**

Name: \_\_\_\_\_ M / F (circle) Age: (day of race) \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

T-Shirt Size (circle): Youth size      Small    Medium    Large    XL  
Adult size    XS    Small    Medium    Large    XL

Course (circle): Full-Du      ½-Du      Mini-Du

Division (circle): Individual    Team    Team member's name: \_\_\_\_\_  
(We can match you with a runner or biker)

**Full Du: 6 mile trail run & 12½ mile mountain bike ride**

**½-Du: 3 mile trail run & 7 mile ride**

**Mini-Du: ½-mile run & 1 mile ride (kids fun race)**

**Division: Men's Individual, Women's Individual, 2-member Team (any gender combo)**

**Entry Fee Includes: Official Race T-Shirt, Food, Awards and other fun prizes**

**\*\*Entry Fee is Per Person**

**Full Du: Before June 25 \$35      June 25 to Race Day \$50**

**½-Du: Before June 25 \$25      June 25 to Race Day \$40**

**Mini-Du: Entry Fee \$10**

**For complete race information visit: [www.acvap.org/duathlon.html](http://www.acvap.org/duathlon.html)**

Please make checks payable to:

ACVAP

Return entry form with payment to:

Pagosa Duathlon

PO Box 2913

Pagosa Springs, CO 81147

Liability Waiver:

I hereby release ACVAP, the organizers and sponsors of this event from any liability due to injuries I may incur as a result of participating in the Pagosa Duathlon. And I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and hereby waive, release, discharge, indemnify and hold harmless the entities or persons responsible for hosting, sponsoring, volunteering or otherwise participating in the production and organization of this event. I do understand that proper equipment and helmets are required to participate in this race. \*Parents assume all responsibility for youth competitors. Adult accompaniment of youth is recommended.

Signature \_\_\_\_\_

Parent's Signature (if under 18 years) \_\_\_\_\_

All racers must complete and sign registration form

For more information and directions to the race site visit:

[www.acvap.org/duathlon.html](http://www.acvap.org/duathlon.html) or call (970) 264-9075

Information on Lodging & Dining: [www.pagosa-springs.com](http://www.pagosa-springs.com) or call (800) 252-2204