



# Pagosa Duathlon

“Do-the-Du”

July 9, 2011

Mini-Du starts at 8:00am

Full & 1/2-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: S M L XL Adult size: XS S M L XL

Course (circle): Full-Du 1/2-Du Mini-Du

Division (circle): Individual Team Team member's name: \_\_\_\_\_  
(If you need help, we can try to match you with a team member)

**Full Du: 6 mile trail run & 12 mile mountain bike ride**

**1/2-Du: 3 mile trail run & 7 mile ride**

**Mini-Du: 1/2-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 24 \$35 June 25 to Race Day \$50**

**1/2-Du: Before June 24 \$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)**

All proceeds benefit the Archuleta County Victim Assistance Program (ACVAP), a nonprofit organization committed to ending domestic violence and sexual assault. ACVAP promotes the belief that all people have the right to live free from violence by providing 24-hour support and advocacy services for victims and education for youth and our community.

Please make checks payable to:

ACVAP

Return entry form with payment to:

Pagosa Duathlon

PO Box 2913

Pagosa Springs, CO 81147

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

Mention “Pagosa Duathlon” for lodging discounts at the following locations:

Mountain Landing 877-301-4129 pin#5345 [www.mountainlanding.net](http://www.mountainlanding.net)

The Spa at Pagosa Springs 800-832-5523 [www.pshotsprings.com](http://www.pshotsprings.com)

Alpine Inn 866-682-9570 [www.alpineinnofpagosasprings.com](http://www.alpineinnofpagosasprings.com)

Pagosa Springs Inn & Suites 888-221-8088 [www.pagosaspringsinnsuites.com](http://www.pagosaspringsinnsuites.com)

EVENT WAIVER:

I hereby release ACVAP, the organizers and sponsors of this event from any liability due to injuries, illnesses or damages 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 am fully aware of the hazards of running and biking and accept full responsibility for my own safety. I do understand that proper equipment and helmets are required to participate in this race. I also understand and agree that the sponsors may subsequently use, without obligation or liability, my name or picture of me participating in this event. I consent to the terms in the event waiver agreement.

\*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 event waiver form