



Pagosa Duathlon

“Do-the-Du”

July 11th, 2009

Mini-Du starts at 8:00am

Full & ½-Du start at 9:00am

Pre-race briefing at 8:45am

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: _____

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 race)

Division: Men's Individual, Women's Individual, Teams (any gender combo)

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

Full Du: Entry Fee before June 26 \$35 Late Entry Fee June 26 to Race Day \$50

½-Du: Entry Fee before June 26 \$25 Late Entry Fee June 26 to Race Day \$40

Mini-Du: Entry Fee \$10

For complete race information visit www.ACVAP.org

Please make checks payable to: ACVAP
Return entry form with payment to: Pagosa Duathlon
PO Box 5444
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)

For more information and directions to the race site visit:

www.ACVAP.org or call (970) 264-9075

Information on Lodging and Dining can be found at www.pagosa-springs.com
or by calling (800) 252-2204

Event proceeds benefit the Archuleta County Victim Assistance Program