

John C. Fremont Days
THE PATHFINDER DUATHLON
2 Mile Run/12 Mile Bike/2 Mile Run
Sunday, July 16, 2006 8:00 AM

Entry Fee

\$25/person * \$50/two person team * the run team member must run both 2 mile run segments * entry fee includes course map, T-shirt and other goodies!

Entry Deadline

Entry must be received or post-marked by Saturday, July 8th for the early fees * early entry guarantees T-shirt size * after July 8th through race day - \$30/person * \$60/two person team * **RACE DAY ENTRIES ACCEPTED!**

RACE DAY INFO

Location - Check-in/Registration

Fremont Family YMCA * 810 N Lincoln Ave * In front of the "Y" from 6:30 - 7:30 AM * there will be a mandatory pre-race meeting at 7:50 AM

Age Divisions and Awards

Awards to the first male and female division winners (will not be eligible for age group awards) * awards to the top three individual finishers in each of the male and female age divisions * awards to the top two teams * age groups as follows: 19 & under; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60 & over * teams as follows: female team; male team; mixed team

Additional Info

- ✓ Helmets are required! Competitors are required to supply their own race equipment.
- ✓ No drafting allowed!

Award Ceremony

Refreshments and food will be available to competitors while race results are tabulated * the award ceremony will be held following tabulation of results

Corporate Gold Sponsor
Heartland Orthopedic & Sports Medicine

Silver Sponsors

Fremont Family YMCA * Kranz Exterior Advantage * Burger King * Northeast Beverage Co. * ECHO Water
Phelps Company * Lou's Sporting Goods * Godfather's Pizza * Dillon Brothers Harley Davidson

For addition information please call 402-727-9428; or

NO REFUNDS! EVENT WILL BE HELD RAIN OR SHINE!

402-753-3599; or e-mail crohrig1@neb.rr.com

The Pathfinder Duathlon Entry Form

NAME _____ ADDRESS _____ AGE _____ on (07/16/06) SEX: M F

CITY/STATE _____ ZIP _____ HOME PHONE _____

TEAM MEMBERS - (both team members *MUST* submit a form, sign the wavier and send together)

RUNNER _____ CYCLIST _____ TEAM(Circle One): Male Female Mixed

ENTRY FEE

Individual: Before July 8th (\$25) _____ Team: Before July 8th (\$50) _____ T-SHIRT(Circle Adult Size)

July 9th - July 16th (\$30) _____ July 9th - July 16th (\$60) _____ Medium Large X-Large

Make checks payable to JCF, INC. and mail to John C. Fremont Days, P.O. Box 966, Fremont, NE 68025

Waiver and release of ANY Claim for Damages:

In consideration of your accepting my entry and permitting me to participate, I understand there are risks connected with my participation in the event and its related activities, and I hereby for myself, my heirs and executors, waive and release any and all rights and claims for damages against the Director or volunteers of the event or activity I participate in; the John C. Fremont Days, INC.; the City of Fremont, NE; Dodge County, NE; the event sponsors, the owner of the sites that I may be participating in any way, shape or form; or their respective officers, agents, representatives, employees, successors, and/or assigns of any type of the foregoing parties; for any and all damages including any injuries or damages for any accidents, incidents or injuries suffered by me as a result of my participation this event. Due to insurance restrictions and exclusions, JCF, INC. cannot permit anyone under 19 to participate in any athletic, sport, or game event unless that person has signed the form individual and the parent/guardian has signed below.

_____ Date

_____ Participant Signature

_____ Legal Guardian of Participant (When participant is under 19 years of age)

