

Individual Entry

Please print below

Name \_\_\_\_\_

Age \_\_\_\_\_

male \_\_\_\_\_ female \_\_\_\_\_

T-shirt med \_\_\_\_\_ lrg \_\_\_\_\_ xl \_\_\_\_\_

Emergency Contact \_\_\_\_\_

Phone # \_\_\_\_\_

e-mail address \_\_\_\_\_

Team Entry

Team Name \_\_\_\_\_

1st Name \_\_\_\_\_

2nd Name \_\_\_\_\_

Combined team age \_\_\_\_\_

MEN \_\_\_\_\_ LADIES \_\_\_\_\_ COED \_\_\_\_\_

1st T-shirt med \_\_\_\_\_ lrg \_\_\_\_\_ xl \_\_\_\_\_

2nd T-shirt med \_\_\_\_\_ lrg \_\_\_\_\_ xl \_\_\_\_\_

Emergency Contact \_\_\_\_\_

Phone # \_\_\_\_\_

e-mail address \_\_\_\_\_

add \$5.00 to entry fee for XX or larger T-shirt

Waivers must be signed at the time you pick up your packet or on race day.

JUST DU IT!

Justin Diestler  
Kearney Cycling & Fitness  
2216 Central Ave.  
Kearney, Ne 68847  
308-234-3822

KEARNEY CYCLING & FITNESS  
presents  
3rd ANNUAL  
KEARNEY DUATHLON



KEARNEY DUATHLON  
SUNDAY, OCTOBER 8th 2006  
RACE STARTS @ 9:00AM

COTTONMILL PARK  
4 MILES WEST OF KEARNEY, NE

**RACE FORMAT**

**TOTAL RACE DISTANCES**

- 2 MILE RUN
- 12 MILE CYCLE
- 2 MILE RUN

**THE RACE COURSE CONSISTS OF 3 SECTIONS.**

FIRST IS A 2 MILE CROSS COUNTRY RUN AROUND THE LAKE. THE RUN HAS A COUPLE OF SMALL HILLS. THERE WILL BE A WATER STOP AT THE MID POINT (1 MILE MARK) OF THE RUN.

SECOND IS THE BICYCLE. THE COURSE IS OUT AND BACK FOR A TOTAL OF 12 MILES. FOR A MAP CHECK THE WEB SITE

THE FINAL 2 MILES IS BACKWARDS ALONG THE FIRST RUN ROUTE.

**NO DRAFTING WILL BE ALLOWED DURING THE RACE !**

**ALL USAF rules will apply.**

The race course will be marked and we will have race marshals posted along the course.

**Water and fruit will be available at race site. Bathrooms and parking near transition.**

The Park will not be closed to the public. So race with caution.

No parking within 300 yards of the transition for safety of the racers

**RACE WILL GO ON RAIN OR SHINE!**

"To be a winner you just have to finish !"

**INDIVIDUAL AGE GROUPS**

19 & under, 20-29, 30-39, 40-49, 50-59, 60 & over

Medals awarded to the top 4 athletes in each bracket.

Overall male and female medals awarded to 1st man and woman athletes.

**RELAY TEAM DIVISION**

All male, all female and coed

Teams will consist of 2 members and must choose who will run and who will cycle.

The runner will be required to run both runs.

Medals will be awarded to the top three team in each bracket

**INDIVIDUAL ENTRY FEE**

\$30 for entries postmarked by September 26th.

\$40 for entries after September 26th  
**RELAY TEAM ENTRY FEE**

\$45 for entries postmarked by September 26th.

\$55 for entries after September 26th

Any questions please contact the race director: Justin Diester  
phone # 308-234-3822  
e-mail:  
triathlon@kearney-cycling-fitness.com

Other info such as course map go to our web page:  
www.kearney-cycling-fitness.com  
and click the triathlon info link.

Please make checks or money orders payable to Kearney Cycling & Fitness

**INFORMATION**

**PACKET PICKUP**

YOU CAN PICK UP YOUR PACKETS AT KEARNEY CYCLING & FITNESS OCTOBER 1ST BEGINNING AT 10:00 AM

PACKETS WILL INCLUDE A COPY OF THE RACE RULES, A RACE NUMBER AND SOME SWAG FROM OUR SPONSORS AND A T-SHIRT.

**SAFETY STUFF**

Bike helmets are mandatory and must be worn with the buckle snap under the chin at any time you may be on the bike. This includes warm ups or cool downs, during the bicycle portion of the race and before or after the race during your time in the park. Your helmets must be ANS1 or SNELL certified.

You are responsible for making sure your bicycle and other equipment is in good working order.

We will have a bicycle mechanic on hand for any emergency needs.

Waivers must be signed at the time you pick up your packet or on race day.

**REMEMBER COMMON SENSE IS THE KEY TO SAFETY.**

Door prizes will be given away. You must be there to win!