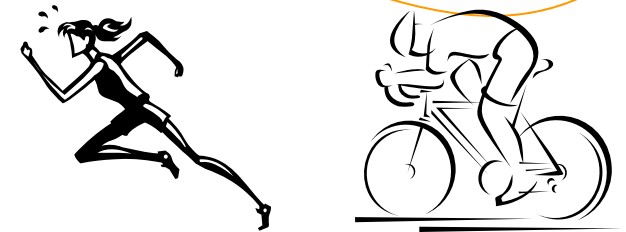


Presents...

The 5th Annual Papillion Days Duathlon



Run-Bike-Run

**Sunday
June 18th 2006
8:00 a.m.**

**Walnut Creek Lake &
Recreation Area**

**Fees:
\$30.00/individual
\$50.00/team**

**Registration
Deadline: June 2nd**

How To Enter:

Mail completed entry form along with check or money order made out to Papillion Recreation to:

Papillion Recreation
Department
1100 W. Lincoln Road
Papillion, NE 68046
(402) 597-2041
(Fax) 597-2080

If signing up as a team, both members must fill out a registration form and please list the team name on line provided.

Registration Deadline:

June 2nd
(\$10.00 late fee will be added if not post-marked by this date.)

Papillion Recreation Department
1100 W. Lincoln Road
Papillion, NE 68046

5th Annual Papillion Days Duathlon

Sunday, June 18, 2005

Walnut Creek Lake & Recreation Area (96th & HWY 370)

The Duathlon begins with a 2-mile run on a hard surface trail system inside the park. The second leg of the race is a 10-mile bike ride that consists of 2-laps on parts of the hard surface trail and high-ways around Walnut Creek and Papillion-La Vista South High School. Lastly, a 2-mile run on the same trail as the first completes the Duathlon. A map of the race course will be available online at www.papillion.org prior to the race. Entry fee includes a race t-shirt.

Individual Entry Fee: \$30.00

Team Entry Fee: \$50.00

(Entry fee must be postmarked by June 2nd, a \$10 late fee will be added thereafter)

Registration Deadline

June 2, 5:00 pm

NO RACE DAY ENTRIES!!!

Team Competition

Participants may enter as male, female or co-ed teams. Two individuals per team, one runner and one cyclist. Each team member must fill out a registration form and list team name on line provided..

Race Requirements

Bike helmets are required to compete. NO EXCEPTIONS! No drafting is allowed on the bike course. Further race rules will be available on-line prior to the race and handed out on race day.

Packet Pick Up/Check In

Packets will be handed out the day of the race at check-in. Please check in no later than 7:30 a.m. at the east entrance of the lake.

Awards

Awards will be given out to the top 3 finishers in each team category, top male and female finishers in each age division and the top overall male and female finishers.

Age Divisions

14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70 & over

For More Information

Contact the Papillion Recreation Department at 402-597-2041 or visit our website at www.papillion.org

2006 Papillion Days Duathlon Entry Form

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____

ZIP: _____ MALE / FEMALE

PHONE:(H) _____ (W) _____

E-MAIL: _____

AGE ON RACE DAY: _____

DATE OF BIRTH: _____

NAME OF TEAM: _____

(IF ENTERING IN A TEAM CATEGORY, BOTH MEMBERS MUST FILL OUT A REGISTRATION FORM)

Waiver

I know that competing in a multi-sport event is a potentially hazardous activity. I should not enter and compete unless I am medically able to run/bike the distances of this event. I agree to abide by any decision of a race official relative to my ability to safely compete in this event. I fully understand the nature of this activity, and I waive and release and hold harmless the City of Papillion and any of its agents, employees, officers, council members, and sponsors for any and all rights and claims for damages or costs I may occur. This includes personal injury, death, or property damage suffered by me, or that I may cause to others as a result of my participation in this activity. I have read and clearly understand the above statements, and realize this is a contract between myself and the City of Papillion and is a release of liability. I sign it of my own free will. If under 18, parent/guardian must sign.

Signature

Date