



Sierra Multisport Productions

Presents the

SPRING FLING DUATHLON

Run/MountainBike/Run

LET'S GET DIRTY THIS YEAR AND MAKE IT A MOUNTAIN BIKE RIDE

Date: Sunday March 21nd, 2010

Place: Back drinking fountain in Woodward Park, across from Tri-sport and Sierra Running Company.

Time: Race day registration and package pick-up starts at 6:30 AM - Start: 7:30 AM Sharp

Course: 4 mile Run - 12 mile Mountain Bike - 2 mile Run

DIRECTIONS: Exit 41 at Friant road, go north on Friant Road. Make a Left on Audubon. Turn right into Woodward Park. Follow the signs to race start.

For registration for this or other events look on our website at: www.sierramultisport.com

Cost: Pre-registration	Late Registration after March 8th
Individual \$35.00	Individual \$45.00
Relay: \$50.00	Relay \$70.00

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PART OF THE PROCEEDS FOR THIS EVENT WILL GO TO HELP THE PEOPLE OF HAITI

Race Directors:
Faron and Heleen Reed
Faron-Heleen@ sbcglobal.net
www.Sierramultisport.com



Waiver and release from liability

Please read carefully before signing. I acknowledge that running and biking in an event is an extreme test of a person's physical limits and carries with it the potential for death or serious injury. I hereby assume the risks of participation in this event. I certify that I am physically fit, have sufficiently trained for participation in this event. I waive, release and discharge from any and all claims, losses, or liabilities for personal injury, medical or hospital bills which may in the future arise out of or relate to my participation in this event. The following persons or entities: Sierra Multisport Productions, San Joaquin River Ranch, event sponsors, race directors, and volunteers. I agree not to sue any persons or entities mentioned above for any of the claims, losses, or liabilities that I have waived, or released. I hereby affirm that I have read this document, and understand the contents.

Print Name _____ Signature _____ Date: _____

Print Name _____ Signature _____ Date: _____

SPRING FLING DUATHLON

4 MILE RUN, 12 MILE MOUNTAIN BIKE AND 2 MILE RUN

AWARDS:

Medals will be awarded three deep in the following CATAGORIES:

19 and under Male and Female	40-49 Male and Female
20-29 Male and Female	50-59 Male and Female
30-39 Male and Female	60 & over Male and Female

Please fill out and mail with entry fee of \$35.00 for individuals and \$50.00 for relays (Late registration after 3/1/10 is \$45.00 for individuals and \$70.00 for relays). Make checks out to Sierra Multisport Productions – 272 W. Teague Ave, Fresno, CA, 93711. Sorry - No refunds. You will receive a confirmation of registration if legible e-mail address is provided.

Required: All Participants must sign a waiver. All bike competitors must wear a helmet, straps must be fastened. No drafting on bike allowed. No use of headphones aloud during bike portion of the event. Failure to follow the race rules will result in disqualification. CAUTION: traffic will be monitored at intersections, but course is not closed for vehicles.

EXTRAS: All pre-registered participants will receive a very cool commemorative T-shirt. Participants who register after 3/1/10 or on race day will get a shirt until we run out. There will be refreshments at the finish line.

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Individuals:

Name	Sex M/F	Age on Race day
Street Address	City	State Zip
E-mail	Phone#	

T-shirt size: S M L XL (circle one)

Relay Teams: _____
Name of your Team

Runner _____ **Biker** _____
Name Name

Address _____ Address _____

T-shirt size: S M L XL (circle two)