



# Sierra Multisport Productions

Presents the

# SPRING FLING DUATHLON

## Run/Bike/Run

Date: Sunday March 22nd, 2009

Place: Back drinking fountain in Woodward Park, across from Tri-sport.

Time: Race day registration and package pick-up starts at 6:00 AM - Start: 7:00 AM Sharp

Course: 4 mile Run - 16 mile Bike - 2 mile Run

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

For registration look on our website at: [www.sierramultisport.com](http://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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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

## 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 3/8/09 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 3/8/9 or on race day will get a shirt until we run out. There will be refreshments at the finish line.

## Race Fair – Don't Cheat!

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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)