



LONE STAR PACESETTERS

"JUST DU IT"

DUATHLON

5K RUN * 18 MILES BIKE * 5K RUN

SUNDAY OCTOBER 2, 2011 7:30 a.m.

HARLINGEN SOCCER COMPLEX

4515 E. HARRISON AVE EAST LOOP 106



Registration & Packet Up: Saturday October 1, 2011 at Harlingen Bicycle World

1113 South 77 Sunshine Strip from 11:30 a.m. to 3:30 p.m.

TEAM DIVISION: (TWO PERSON TEAM) MEN * WOMEN * CO-ED

TROPHIES TO THREE PLACES IN EACH DIVISION

INDIVIDUAL DIVISION: MALE & FEMALE

TROPHIES TO FIRST THREE PLACES IN EACH AGE DIVISION FOR BOTH MALE AND FEMALE:

14 & UNDER 15-19 20-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59 60+

T-SHIRTS TO FIRST 100 ENTRANTS

ENTRY FEE: INDIVIDUAL DIVISION \$20 Before October 1 \$25 October 2

TEAM DIVISION \$40 Before October 1 \$50 October 2

MAKES CHECKS / MONEY ORDERS PAYABLE TO :

LONESTAR PACESETTERS P.O. BOX 3114 HARLINGEN, TX 78550

FOR MORE INFORMATION CONTACT: NANCY RODRIGUEZ 956-428-8779 AFTER 6:30 P.M.

HELMET IS REQUIRED FOR THE BIKING PORTION OF THE EVENT

Name: _____ Age _____

Address: _____ Phone _____

City _____ T-Shirt Size S M L XL

DIVISION: TEAM _____ INDIVIDUAL _____

I know that is a potentially hazardous activity. I should not enter the duathlon unless I am medically able and properly trained. I agree to abide by any decision of race officials in the bike event. I assume all risks associated with biking in this event including, but not limited to falls, contact with other participants, the effects of the weather, traffic and conditions of the road, such risks being known and appreciated by me. Having read this waiver, I for myself and anyone entitled to act on my behalf, waive and release the Lone Star Pacesetters Running Club, the City of Harlingen and all sponsors from all claims or liabilities of any kind arising out of my participation in this event.

SIGNATURE _____ DATE _____

PARENTS SIGNATURE IF UNDER 18 _____ DATE _____