

Solo Duathlete/First Duathlete Team Member (Solo participants must be 18 or older on Race Day)

Name: _____ Age: _____ Circle one: Male or Female Shirt size: _____

Address: _____ Circle one if part of a team: Run or Bike

Second Duathlete Team Member (For teams, bikers must be 18 or older, runners 14 or older)

Name: _____ Age: _____ Circle one: Male or Female Shirt size: _____

Address: _____ Circle one: Run or Bike

I acknowledge that I have read and understand the rules for the event (listed below). I understand that I must have a Clark Sports Center Assumption of Risk waiver form on file. I understand that children 18 and under must have this waiver signed by a parent. (Waivers will be available on Race Day or downloaded from clarksportscenter.com.)

Sign name

Sign name

Race Date

Saturday, June 9, 2012.

Place

At The Clark Sports Center, 124
County Highway 52, Cooperstown,
New York, 13326.

Time

Registration on the day of the race
will begin at 9:00am. Pre-registration
by mail or in person is available
at the Sports Center. The race will
begin at approximately 10:30am.

Race T-shirt

Entrants who pre-register will receive
a commemorative T-shirt. Entrants
registering on the day of the race will
receive a T-shirt if available.

Race Fee

- \$35 for a single duathlete on or before June 8 or \$45 on June 9.
- \$55 for a duathlon team on or before June 8 or \$65 on June 9.

Payment Instructions

Make checks payable to The Clark Sports Center. Mail payment and completed registration form to The Clark Sports Center, P.O. Box 850, Cooperstown, New York, 13326.

Contact the Race Director

For more information, please contact Doug McCoy by calling (607) 547-2800, or email mccoyd@clarksportscenter.com.

Race Rules

- Helmets are mandatory for the bike; straps must be fastened before you get on the bike and unfastened only when completely off the bike.

Rules Continued

- Teams must tag off in the transition area.
- No drafting is allowed on the bike; 3 bike lengths must be between you and the next person in front except when passing; drop by 3 bike lengths after being passed.
- Drafting is subject to time penalty or disqualification.
- Mount and dismount bicycles from the indicated mount/dismount line.
- No outside assistance is allowed except by race staff.
- No headphones or mp3 music players are allowed during the race.
- If you drop something on the course, you must go back and get it (water bottle, energy bar wrappers, etc.).