

“Fun in the Dirt”

The 7th Annual God's Country Duathlon will be held on the Lawrence River Trails and feature a 3 - 4 mile trail run, a 12 - 14 mile mountain bike and a short sprint to the finish.. The course consist of flowing single track along the Kaw River. A great course that is fun for all ability levels. The 3 mile run starts on the levee and the proceeds into the trails and works back to the transition area. Bike consist of a 10 - 12 mile loop depending on trail conditions. Second Run is a short sprint to the finish

Classes:

Male Classes: Junior 19 & Under, 20-29, 30-39, 40-49, 50+, Clydesdale

Female Classes: Junior 19 & under 20-29, 30-39, 40-49, 50+

*Additional classes may be added or combined based on participant demographics.

***Relay Classes:** Men, Women, Co-Ed

Awards:

Cash prizes to Overall winners. Top 3 age-group finishers in each class win custom awards. Winners of each relay class will win awards.

Our 2009 events feature:

- Post race food
- Custom event t-shirts and awards
- Family Fun Events

Series Event Dates:

Devil's Revenge - 3/07/09

Black Locus - 3/28/09

God's Country - 4/25/09

For complete rules and info visit
www.fattireduathlon.com

Event Distances:

3 - 4 Mile Trail Run

12 - 14 Mile Mountain Bike

Sprint Finish

Contact Info:

Event Director: Chris Locke
Email: chrisdlocke@gmail.com
Phone: 816-468-4831
Fax: 816-926-2072

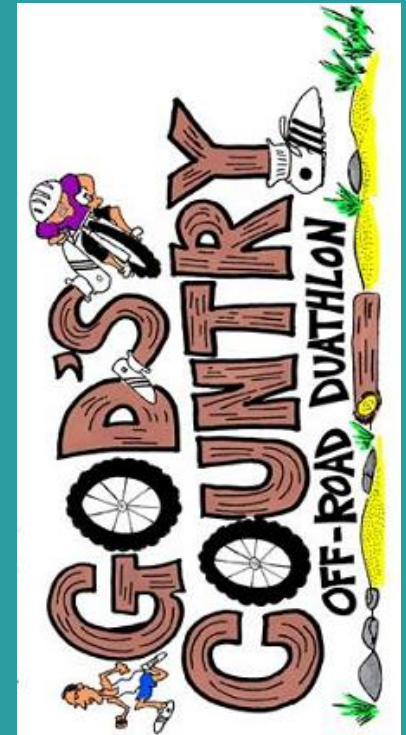
Website: www.fattireduathlon.com

Mailing address:

MultiSport Marketing, LLC
1409 NW 71st Court
Kansas City, MO 64118

GOD'S COUNTRY DUATHLON

2009 Fat Tire Duathlon Series



Lawrence River Trails
Lawrence, Kansas

Date: April 25th, 2009

Registration opens @ 8:00 a.m.
Race Meeting @ 9:45 a.m.
Mass Start @ 10:00 a.m.

Registration:

- Online at Active.COM
- Mail attached form with check payable to "Multisport Marketing"
- Before 2/15 - \$30.00 (\$40.00 Relay)
- After 2/15- \$35.00 (\$45.00 Relay)
- Race Day - \$40.00 (\$50.00 Relay)
- T-shirts guaranteed only to pre-registered entries. Please register early!

Race Pack Pickup:

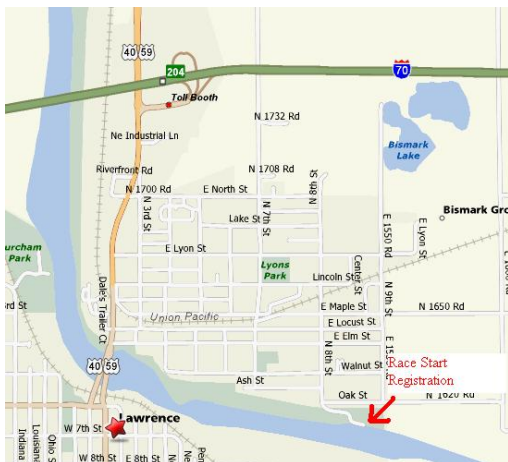
Race packets can be picked up on race day morning at the registration tent.

Directions:

From Kansas City, take I-70 West to the first Lawrence exit. Go South on Massachusetts until you go under a big rail-road trestle then turn left onto Elm. Keep going to 8th Street then turn right. Continue over the Levee and Park.

Parking:

Parking is limited at trail head. Additional parking is along the streets leading



Entry Form/Release Form- God's Country Duathlon
Lawrence River Trails, Lawrence, Kansas

April 25th, 2008 – 10:00am Mass Start

[Send entry to MultiSport Marketing, 1409 NW 71st Court, Kansas City, MO 64118](#)

Name: _____ Age: _____ Sex (circle) Male / Female

Address: _____ City: _____ Zip _____

Class entered: _____ T-shirt size (circle): S M L XL

Phone: _____ E-mail: _____

Emergency contact: _____ Phone: _____

Team Entrees

Team Name: _____

Team Member #1: _____ Team Member #2: _____

Emergency contact: _____ Phone: _____

Waiver and Release of Liability Agreement

In consideration of the acceptance for entry in the God's Country Duathlon (hereinafter "event") I hereby freely agree to make the following contractual representations and agreements.

I acknowledge that cycling and running are inherently dangerous sports and fully realize the dangers of participating in any bicycle or running related activity and FULLY ASSUME THE RISKS ASSOCIATED WITH SUCH PARTICIPATION, by way of example, and not limitation, the following: physical and mental injury, emotional distress, illness, death, contact with pedestrians, vehicles, and other bicycles or runners; equipment failure; inadequate safety equipment; collision with fixed objects, and the effects of weather, I acknowledge all risks and I shall assume and pay my own medical and emergency expenses in the event of injury or other incapacity.

I agree it is my sole responsibility to be familiar with all courses, and special regulations of the event, and my ability level. I understand and agree that situations may arise during the event and I must continually ride/run so as to neither endanger myself nor others. I accept full responsibility for the condition and adequacy of the equipment, which I use (including, but not limited to the helmet and the bike).

I agree for myself and my successors, that the above representation are contractually binding, and are not mere recitals, and that should I or my successors assert my claim in contravention of this agreement, I or my successors shall be liable for the expenses (including legal fees) incurred by the party or parties in defending. This agreement may not be modified orally.

Having read this release and wavier, I, for my behalf waive and release and agree to indemnify and hold harmless the events management, sponsors, agents, representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

Signature of Participant

Signature of Relay member

Date

Date