



March 31, 2007  
Lawrence, Kansas

## Kids Duathlon

Start is after full course event (~ 11:00 a.m.)

4K Mountain Bike / 1K Run



**Event Description:** The God's Country Kids Duathlon is an off-road duathlon for kids 12 and under. Participants will run a 1 kilometer section of off-road trail. After returning to the transition area, they will then mount their mountain bikes and ride a 4 kilometer section of trail that is very beginner friendly. The event concludes with another 1 kilometer off-road trail.

**Awards:** Awards will be presented to the overall male and female winners. Age-group awards to the top 3 in each age division.

**Fees:** Free. This event is brought to you by the Lantern Rouge Volunteer Group and the Cow Town Cycling Team. If you would like an event t-shirt the fee is \$6.00.

**Age Divisions:** 8 and under, 9 – 10, 11 – 12.

**Cool Stuff:** Goodie bags, awards to all finishers and post race food.

**How to register:** Mail in an entry form or fax to 816.926.2072. Race day registration is also available.

**Directions:** From Kansas City, take I-70 West to the Lawrence Exit # 204 (Hwy59/40), Go South on Massachusetts to Elm Street. Turn left (East) Elm Street to 8<sup>th</sup> Street. Turn right (South) on 8<sup>th</sup> and proceed to trail head. Continue over the levee and park.

**Need more info:** Contact Chris Locke at (816) 468-4831 or email [msmracing@lycos.com](mailto:msmracing@lycos.com).  
Event website: <http://www.fattireduathlon.com>

**ENTRY FORM – God’s Country Kids Duathlon**  
**March 31, 2007 – Lawrence River Trails**  
**Start time is after the adult event (~ 11:00am)**

Name: \_\_\_\_\_

Age \_\_\_\_\_ Circle one: Male Female T-Shirt Size: Kids M, L, or Adult S

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip code: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Emergency contact: \_\_\_\_\_ Phone: \_\_\_\_\_

**Waiver and Release of Liability Agreement**

In Consideration of the acceptance for entry in the God’s Country Kids Duathlon (hereinafter “event”) I hereby freely agree to and make the following contractual representations and agreements.

I acknowledge the 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 hereby waive, release, and discharge for myself, my heirs, executors, administrators, legal representatives, successors and assigns, all claims, damages, or expenses accrued to me against the sponsors, organizers, promoting organizations, approving authorities, property owners, law enforcement agencies, all public entities, volunteers, directors, promoters, facilitators, participants, and all other parties involved with this event through or by which the event will be held for and all damages which may be sustained by me directly or indirectly in connection with, or arising out of, my participation in or association with the event, or travel to or return from the event.

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.

**CONSENT AND RELEASE OF PARENT OR GUARDIAN**

I am the parent or guardian of \_\_\_\_\_ (Child). My child is fit for the race, and I consent to my Child’s participation. I HAVE READ AND I UNDERSTAND THE ATHLETE’S COMPETITION AND RELEASE AGREEMENT. In consideration of allowing my Child to participate, I consent to it and agree that ITS TERMS SHALL LIKEWISE BIND ME, MY CHILD, my heirs, legal representatives and assignees. I HEREBY RELEASE AND SHALL DEFEND, INDEMNIFY AND HOLD HARMLESS THE RELEASEES FROM EVERY CLAIM AND ANY LIABILITY that I or my child may allege against the Releases (including reasonable attorney’s fees or costs) as a direct or indirect result of injury to me or my Child because of my Child’s participation in the Race, WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASEES OR OTHERS. I PROMISE NOT TO SUE THE RELEASEES on my behalf or on behalf of my Child regarding any claim arising from my Child’s participation in the Race.

Signature of Parent or Guardian:

\_\_\_\_\_ Date: \_\_\_\_\_

Checks for t-shirts made payable to: **MultiSport Marketing**  
Mail completed forms to: **1409 NW 71<sup>st</sup> Court, Kansas City, MO 64118**