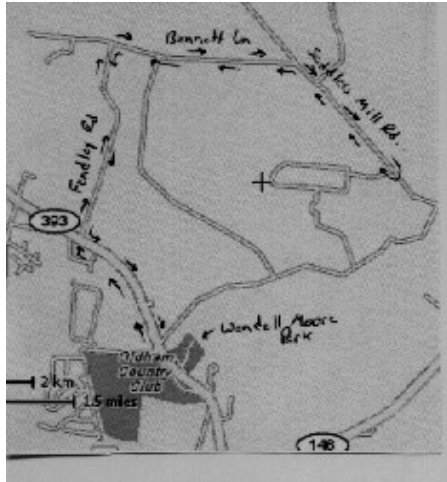


2012 DUATHLON

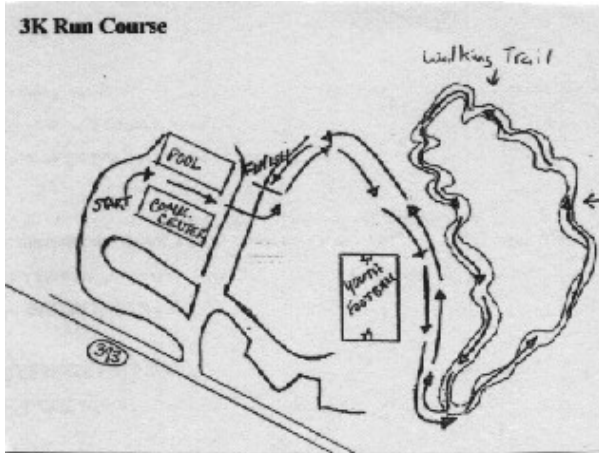
COURSE MAPS

10 Mile Bike Course

From Community Center parking lot: go right on Hwy 393; At 1.4 miles, go right on Fendley Rd; Follow Fendley until it ends; go right on Bennett until it ends at the Dawkins Rd split; Go right on Dawkins and follow until you get to the turn around. Turn around and return on same route.



3K Run Course



Volunteers

Oldham County Parks and Recreation is in need of volunteers to fill several job duties for these races to be a success. If you have Beta hours, service hours or you just some extra time this is a great opportunity for you to get 5+ hours and have fun doing it. All volunteers will receive a t-shirt for working and your name will be put in a drawing for one of the door prizes.

Please fill out form and mail to OC Parks and Recreation or call 502-225-0655 ext. 102.

Name: _____

Phone (H): _____ (C): _____

Shirt Size: S M L XL XXL

Volunteer Opportunities with Start Time:

(Check jobs you wish to help with)
(You can check more than one)

- ___ Water stop (6:45 a.m.)
- ___ Course directions (6:45 a.m.)
- ___ Registration (6:00 a.m.)
- ___ Course prep. (4:00 –4:30 a.m.)
- ___ Course Tear Down
- ___ Finish Line (7:00 a.m.)



Oldham County Parks and Recreation

2012 DUATHLON

3k Run, 10 mile Bike, 3K Run



Saturday, June 9, 2012
Race begins at 7:30 a.m.



REGISTRATION FORM

NAME: _____
ADDRESS: _____
CITY/STATE/ZIP: _____
PHONE: (H) _____ (C) _____
E-MAIL ADDRESS _____
USAT# _____

Birth Date: _____

AGE (as of 12/31/12): _____ GENDER: M or F

COMPETING AS: INDIVIDUAL TEAM

TEAM NAME _____

SHIRT SIZE: S M L XL XXL (add \$2.00)

WAIVER FORM

I, the undersigned participant in "Oldham County Parks and Recreation Duathlon 2012", do hereby agree for myself, my heirs, executors, and assigns that Oldham County Parks and Recreation, Oldham County Fiscal Court and any agents, officers, employees, and sponsors thereof, shall be released from any and all claims for personal injury or injury, loss, or damage to personal property suffered or sustained by me in connection with, or arising out of or resulting from, any and all activities associated with the "Oldham County Parks and Recreation Duathlon 2012" while on or about the premises of the United States, Commonwealth of Kentucky, Oldham County, Oldham County Parks and Recreation Department, Wendell Moore Park Site. I further assume the risk of personal injury, loss, or damage to myself and loss, injury, and damage to my property while on the above premises and while participating in the above activities.

Signature (or signature of parent if under 18)

COURSE DESCRIPTION

The 3K (1.86 mile) RUN course is out and back with a loop in the middle. It is slightly hilly and combines cross-country and firm surfaces. The 10-mile BIKE course is out and back with some hills and few turns. The final 3K (1.86 mile) RUN course is out and back with a loop in the middle. It is slightly hilly and combines cross-country and firm surfaces. There will be water stops along the route.

AWARDS

Awards will be presented to:

- The top two overall male and female finishers.
- The top two male and female finishers in each of the following age groups:
14 & under, 15 -19, 20 – 24, 25 – 29, 30 – 34, 35 – 39, 40 – 44, 45 – 49, 50 – 54, 55 – 59, 60 – 64, 65 – 69, 70 -74, 75 & older and Team

- T-shirts will be given to all the racers.
- Door prizes to be awarded at awards ceremony.
- Bike technical support provided by Goose Creek Cycle.

RACE SPONSOR



Goose Creek Cycle
502-265-1808



Parks and Recreation
www.oldhamcounty.net

GENERAL INFORMATION

DATE: Saturday, June 9, 2012

REGISTRATION:

Registration will be accepted by mail or in person.
Pre-registration is required.
Participation is limited to only 250 entries.

REGISTRATION FEES:

- ◆ \$35.00/USAT member
(Must show membership card on race day.)
- ◆ \$47.00/non-USAT member
(includes one day insurance)
- ◆ \$55.00/relay team(2)
(add \$12.00/each non-USAT member for one day insurance.)
(Submit team entries together.)

REGISTRATION DEADLINE:

Entries must be received by Monday,
May 23rd at 12:00 noon.

For more race information, call Oldham County
Parks and Recreation 225-0655 ext. 102
e-mail us at: gparsons@oldhamcounty.net

MAIL CHECK & THIS FORM TO:

DUATHLON 2012
OC PARKS AND RECREATION
1551 N. HIGHWAY 393
LAGRANGE, KY 40031