

10TH ANNUAL REDLANDS TRIATHLON/DUATHLON & 5K RUN/WALK

5K RUN / 10 MILES BIKE / 100 YARDS SWIM

5K RUN / 10 MILES BIKE / 5K RUN

SUNDAY FEBRUARY 8, 2009 REDLANDS, CALIFORNIA

Hosted by Holistic Healing for Youth

- Location** At and around Redlands East Valley High School 31000 E. Colton Ave., Redlands, CA 92374
- Directions** Coming on FWY 10 from the west exit University Ave., make a left (north) onto University Ave., proceed north to Colton Ave., make a right (east) onto Colton Ave. proceed (east) on Colton Ave. to Redlands East Valley High School parking lot at 31000 East Colton Ave. Coming on FWY 10 from the east exit Cypress Ave., (north/east) proceed to Citrus Ave., make a right (east) onto Citrus Ave., proceed on Citrus Ave. to Wabash Ave., make a left (north) onto Wabash Ave., proceed on Wabash Ave. to Colton Ave., make a right (east) onto Colton Ave. to Redlands East Valley High School Parking lot at 31000 East Colton Ave.
- Starting Time** 8:00 am (Triathletes, Duathletes as well as 5K Run/Walk only participants).
- Check-in and Late Registration** 6:30 – 7:45 am at Redlands East Valley High School. Allow ample time for parking, registration and check-in, especially for the Triathletes & Duathletes.
- Awards** Olympic style medals 3 deep in every age group, male and female. Commemorative finisher ribbons to all participants – Triathletes and 5K Run/Walk only participants alike.
- Entry Fee** **Triathlon/Duathlon** \$45.00 prior to race. **5K Run/Walk** only \$22.00 prior to race. Add \$3.00 day of race. \$5.00 family/friends discount for each member (3 or more) \$3.00 discount for senior citizens (50 years & up).
- Special Features** Entry fee includes a quality T-shirt, to receive your t-shirt on registration day, pre-registration is required, water stations along the route and pre & post-event refreshments.
- Race Rules** All Triathletes & Duathletes must wear approved helmets for bike ride. Packs may draft, but bicyclist may not cross the center dividing lines. Failure to follow the race rules will result in disqualification.
CAUTION: Traffic will be monitored at intersections, but vehicles might be on the course – watch for traffic and ride at your own risk.
- Beneficiaries** Proceeds from the event will go to Holistic Healing for Youth.
- Information** Renea Wickman, Event Coordinator, www.holistichealingforyouth.com or 909 534 8029
Online registration: www.active.com

OFFICIAL ENTRY FORM ● ONE PER PARTICIPANT ● WAIVER MUST BE SIGNED ● PHOTOCOPIES O.K.

Name: _____

Age: _____ Sex: M F T Shirt Size: sm med lg xl xxl

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Enclosed amount: _____

Email: _____

No Refunds Event takes place, rain or shine

Make checks payable to: Holistic Healing for Youth

MAIL ENTRY FORMS TO: 1405 Mills Ave., Redlands CA 92373

CHECK THE EVENT				
<input type="checkbox"/> TRIATHLON				
<input type="checkbox"/> DUATHLON				
<input type="checkbox"/> 5K RUN/WALK ONLY				
CHECK AGE DIVISION				
M		F	M	F
	10 & Under			45 – 49
	11 – 14			50 – 54
	15 – 19			55 – 59
	20 – 24			60 – 64
	25 – 29			65 – 69
	30 – 34			70 – 79
	35 – 39			80 & Up
	40 - 44			

W In consideration of this entry, I hereby for myself, my executors, administrators and assignees waive any and all right of claims for damages I
A may have against the Holistic Healing for Youth, all sponsors, or any individual associated with said event for any and all injuries sustained by
I me in this event. Also, none of the above are responsible for the loss of personal items nor any other form of aggravation in connection with
V the said event. I attest and verify that I am physically fit and have trained for this event. I grant full permission to sponsors and others to use
E photos, film, of my participation in said event without liability or obligation to me. In filling out this form, I acknowledge I have read and fully
R understand my own liability and do accept the restrictions.

Participant (if minor) parent or guardian must sign: _____ Date: _____