

COURSE:

5M run followed by a 10M bike ride followed by a 5M run: The run will begin at the intersection of 8th St. and Jeroleman St. Runners will proceed directly to 12th St. At 12th St. runners will make a right turn and will run on 12th St. until reaching Eagle St. At Eagle St. runners will turn left and run on Eagle St, around the dam, and then back onto Eagle St. At 12th St. runners will turn right and run the reverse route back to the park. At the park, runners will mount their bikes and ride directly south on 8th St. to the T-intersection of 8th St. and Remsen St. There riders will make a right turn onto Remsen St. and will stay on Remsen until Hwy 30. They will stay on Hwy 30 (approximately ¼ mile) until reaching Toledo Ave. where they will make a left turn. The turnaround point on Toledo Ave. will be the end of the concrete (about 5 miles from the park). Riders will then follow the reverse route back to the park where they will dismount their bicycles and run the same running route as previously completed.

Water stations will be provided during both the run and the ride and light refreshments and bottled water will be available before, during, and after the event. Donations will be accepted.

Please complete the registration form and mail it to Marilyn Davie, Attn: Duathlon, 1205 Iowa Ave., Dunlap, IA 51529

DATE AND TIME:

Saturday, Aug 13, 2016
Registration begins at 7:00 a.m.
Race starts at 8:00 a.m.

LOCATION:

Dunlap City Park,
8th and Jeroleman St.
Dunlap Iowa 51529

REGISTRATION:

\$25 per participant until July 23rd. Event can be done individually, 2 person teams, or 3 person teams. Price increases to \$35 per participant as of July 24th including the morning of the event. Registration includes “DU” (the) Dunlap Duathlon t-shirt and a goody bag. T-shirts sizes will not be guaranteed for participants registering after July 24th. Registration forms are available at fitnesssports.com or by contacting Marilyn Davie at 712-249-8670.



Signature _____

Date _____

Parent or Guardian signature if under 18:

Complete if on a team:

Name of the team

Other team member’s name(s)

Each team member must fill out and sign a registration form.

Mail Completed form to:

Marilyn Davie
1205 Iowa Ave.
Dunlap, IA 51529

Tel: 712 249-8670
Email: mdavie@logonet.net

Make checks payable to: Boyer Valley
Wellness Center

Registration/entry Form

In consideration of accepting this entry, I or my executors, heirs and administrators, do hereby release and discharge the City of Dunlap, the Dunlap Wellness Center, Dunlap Community Development Corporation, and all other volunteers from claims, damages and any actions whatsoever in connection with the "DU" (the) Dunlap Duathlon. I recognize and assume the risk inherent in running a road race and/or bicycle race, including but not limited to the risk of injury associated with strenuous physical exercise, the risk of running and biking near traffic, the risk of uncertain running and riding conditions and the risk of biking and running on roads. This release extends to all claims of every kind and nature whatsoever, foreseen or unforeseen, known or unknown. I certify that I am in sufficient physical condition to participate in this event. I also give permission for the free use of my name and/or pictures for publicity or solicitation. **I understand I am required to wear a helmet to participate in the bicycling segment of the race.**

Name _____

Age on race day _____

Sex: Male / Female

Address _____

City _____

State _____ Zip _____

Phone _____

Email (optional) _____

T-Shirt size: Adult: S M L XL XXL

Emergency contact _____

Phone number _____

Complete other side.

Marilyn Davie
Attn: Duathlon
1205 Iowa Ave
Dunlap, IA 51529

Sixth Annual

**“DU” the Dunlap Duathlon
Saturday, August 13, 2016
Race at 8:00 a.m.**



2-mile run, 10-mile ride, 2-mile run

**Proceeds to the Boyer Valley
Wellness Center**