

# DUXBURY BEACH TRIATHLON

## SATURDAY, SEPT. 26, 2009 • 8:00am • .5mi Swim, 13.1mi Bike, 3.1mi Run

[www.duxburybeachtriathlon.com](http://www.duxburybeachtriathlon.com)

### RACE INFORMATION

The Duxbury Beach Triathlon will raise money for the Duxbury Police Athletic League and the Southeastern Massachusetts Special Olympics. The race is limited to 650 individuals and 50 2- or 3-person teams. Please note that there will be no rain date. In the event of poor weather, race officials may exercise their right to shorten, alter or cancel any portion of the triathlon. Please log on to our website for refund policy, updates and much more information regarding the triathlon.

### PACKET PICK-UP/REGISTRATION

Athletes may pick up race packets prior to race day on Friday, September 25, from 3-7pm at the Kingsbury Club & Spa ([www.kingsburyclub.com](http://www.kingsburyclub.com)). Please see the triathlon website for more details. Registration is also available on race day from 5:30-7:30am at Duxbury Beach. Bike racking will take place on Saturday, September 26, from 5:30-7:30am. All bikes must be racked on race day by 7:30am.

**Registration closes promptly at 7:30am on Saturday, no exceptions!**

### REFUNDS

Partial refunds of \$40 will be allowed until July 15. NO refunds allowed after July 16. Check website for complete cancellation and refund policy details.

### RACE COURSE

The Duxbury Beach Triathlon is a .5 mile swim, 13.1 mile bike, and a 3.1 mile run through the scenic backdrop of historic Duxbury, Massachusetts—one of the most beautiful courses you will see all year! The swim takes place in Duxbury Bay (water temperature approx. 68° F), the bike course is flat-rolling, and the run is mostly flat. See website for additional details.

### AWARDS

Cash prizes of \$150, \$100 and \$50 will be presented to the top three overall male and female winners; merchandise prizes to male and female age group winners; medals to top 3 age group finishers.

### RACE HEADQUARTERS

Race Headquarters on Saturday, September 26, 2009, will be at Duxbury Beach, Gurnet Road, Duxbury, MA. The race starts promptly at 8:00am.



### OFFICIAL 2009 DUXBURY BEACH TRIATHLON ENTRY FORM (PLEASE PRINT CLEARLY!)

T-shirt size (check one): <input type="radio"/> S <input type="radio"/> M <input type="radio"/> L <input type="radio"/> XL	<input type="radio"/> Male elite <input type="radio"/> Male age group 13+ <input type="radio"/> Clydesdale (M) 200+	<input type="radio"/> Female elite <input type="radio"/> Female age group 13+ <input type="radio"/> Athena (F) 160+	<input type="radio"/> All Male Team <input type="radio"/> All Female Team <input type="radio"/> Mixed Team	Inlet Division (Police): <input type="radio"/> Male <input type="radio"/> Female
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Individual entries or relay team primary contact please complete the following:

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age on 12/31/09 \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Country \_\_\_\_\_

Email (please include for news and updates; please print clearly) \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Cell Phone- \_\_\_\_\_

USAT License # \_\_\_\_\_ Exp. Date \_\_\_\_\_  I will be using a 1-day only license (\$10 fee)

Relay Teams: please complete the following:

Relay Team Name:	Relay Member 1	Relay Member 1	Relay Member 1
Name:			
Competing as:	Swimmer	Cyclist	Runner
USAT License #:	USAT # _____ <input type="radio"/> N/A	USAT # _____ <input type="radio"/> N/A	USAT # _____ <input type="radio"/> N/A
1-Day USAT License Needed	<input type="radio"/> Yes	<input type="radio"/> Yes	<input type="radio"/> Yes

Category	Fee	Amount Enclosed
Entry Fee	\$75/\$100/\$120*	
Entry fee postmarked after July 15	\$85 Individual	
USAT 1-Day License Fees	Total @\$10/person	
	TOTAL	

\*\$75 Individual; \$100 2-person Team; \$120 3-person Team

Make checks payable to  
*Duxbury Beach Triathlon*; mail  
completed application with payment to:  
Duxbury Beach Triathlon  
P.O. Box 2651  
Duxbury, MA 02331-2651

READ CAREFULLY BEFORE SIGNING THIS ACKNOWLEDGEMENT, WAIVER AND RELEASE FROM LIABILITY (AWRL). I certify that I am physically fit and have not been advised against participation by a health professional and I assume the risks of participation in this multi-sport event. I release and discharge the following entities from any and all claims of damages of any kind which may result from my participation in the 2009 Duxbury Beach Triathlon: USAT, event sponsors, race directors, event producers, volunteers and the Town of Duxbury. I certify that I am 18 years of age or older and I have read this document and understand its content.

Printed Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

For persons under 18, a parent/legal guardian must sign the above AWRL and read below.

I, the undersigned \_\_\_\_\_ (parent/legal guardian) of the minor have executed the foregoing AWRL on behalf of the minor named herein. I represent that I have legal authority to act for and on behalf of the minor name(s) herein, and I agree to hold harmless the persons or entities mentioned in the foregoing AWRL for any claims against them. I authorize any licensed physician, EMT, hospital or other medical care facility to treat the minor(s) for any injuries that may arise during this USAT sanctioned event. I authorize any such medical provider to perform all procedures deemed medically advisable.

Printed name of Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_

Signature of Parent/Guardian \_\_\_\_\_ Relationship \_\_\_\_\_

**You may also use a credit card to register via the internet at: [www.active.com](http://www.active.com)**