

Lake Erie Duathlon benefitting Girl Scouts Western Pennsylvania

Girl Scouts Western Pennsylvania (GSWPA) presents the Lake Erie Duathlon on **Sunday, August 4, 2019 at Presque Isle State Park (Beach 11) in Erie, Pa.** at 7 a.m. This unique race format consists of a 5K run, followed by a 20K bike, then another 5K run, all at scenic Presque Isle State Park. The bike is one entire loop of the park.



Athletes can compete as an individual or as a two-person relay team (one runner and one cyclist). Each entrant receives a **high-quality race premium and a finisher medal**. Prizes courtesy of Dick's Sporting Goods will be presented to overall female and male finishers, first place in each age group, and first place in each relay category. Proceeds benefit GSWPA.

Register online at LakeErieDuathlon.org

OR complete and mail this form. Interested in volunteering for the race? Contact Lisa at 800-248-3355 or lshade@gsdpa.org.

Registration

Name _____

Address _____

City/State/Zip _____

Phone number _____ Email _____

Gender: ☐ Male ☐ Female **Date of birth** ____/____/____ (mm/dd/yyyy) **Age as of 8/4/19** _____

Please select your entry type:

☐ **Open** \$50 until July 9; \$65 July 10—day of race

Age categories (Please select one):

<input type="checkbox"/> Under 20	<input type="checkbox"/> 35-39	<input type="checkbox"/> 55-59
<input type="checkbox"/> 20-24	<input type="checkbox"/> 40-44	<input type="checkbox"/> 60-64
<input type="checkbox"/> 25-29	<input type="checkbox"/> 45-49	<input type="checkbox"/> 65-70
<input type="checkbox"/> 30-34	<input type="checkbox"/> 50-54	<input type="checkbox"/> 70+

☐ **Two-person relay** (runner and cyclist) \$70 until July 9; \$85 July 10—day of race

Please check one: ☐ Male Relay ☐ Female Relay ☐ Mixed (Male/Female) Relay

Relay team name _____

Other team member _____

Each relay team member must complete an application and waiver form.

Amount enclosed \$_____ Proceeds benefit Girl Scouts Western Pennsylvania

Please make checks payable to Girl Scouts Western Pennsylvania

Please mail completed form with payment to: Duathlon, c/o GSWPA, 5681 Route 6N, Edinboro, PA 16412

Every participant must sign a waiver (see reverse).

Release and Waiver

In consideration of you accepting this entry, I, the participant, intending to be legally bound and hereby waive or release any and all right and claims for damages or injuries that I may have against the Event Director, Girl Scouts Western Pennsylvania, and all of their agents assisting with the event, sponsors and their representatives and employees for any and all injuries to me or my personal property. This release includes all injuries and/or damages suffered by me before, during or after the event. I recognize, intend and understand that this release is binding on my heirs, executors, administrators, or assignees.

I certify as a material condition to my being permitted to enter this race that I am physically fit and sufficiently trained for the completion of this event and that my physical condition has been verified by a licensed Medical Doctor. By submitting this entry, I acknowledge (or a parent or adult guardian for all children under 18 years) having read and agreed to the above waiver.

In consideration of acceptance of this entry, I do hereby, for myself, my heirs, executors and administrators waive and release and discharge from all claims or liabilities of any kind arising from participation in this event, the Erie Runners Club, Girl Scouts Western Pennsylvania and any and all service organizations, sponsors and volunteers connected with the operation and running of this event. I am aware that, because of insurance limitations, no baby joggers, strollers, roller skates or blades, etc. will be permitted on the course. I know that competing in a road race is potentially dangerous. I certify that I have trained sufficiently for this event. I assume any risks associated with this event. I also permit my likeness or photo to be used by the race committee and information about my competition to be used by the Girl Scouts Western Pennsylvania, the Erie Runners Club and such information to be shared with third parties. Parent or guardian must sign if under 18 years of age. I understand that failure to pick up awards or premiums by September 1, 2019 constitutes a donation of said good.

Participant signature _____ Date _____

Parent or guardian signature for participants under the age of 18:

Signature _____ Date _____

Additional race information:

- Race packet pick-up hours and location will be announced at gswpa.org.
- Race entry fees are nonrefundable and are the property of Girl Scouts Western Pennsylvania.
- The race will not be rescheduled if cancelled due to unsafe road conditions, severe weather, or other acts of God.
- Premiums will not be sent to no-shows.
- Cyclists must wear an ANSI-approved helmets during the entire bike segment of the race. PARTICIPANTS MUST BE WEARING HELMETS PRIOR TO EXITING THE TRANSITION AREA.
- The race course will not be completely closed to automobile, pedestrian or bicycle traffic. Participants must be alert at all times.
- Cyclists must ride in the designated lane with the traffic flow. Crossing into the other lane may result in disqualification.
- NO drafting.