

PRICES*

Race:	Now-April 1	April 1-April 28	April 29 (Race Day)
5K	\$25.00	\$30.00	\$35.00
10K	\$25.00	\$30.00	\$35.00
Short Course 5k run/10 mile bike	\$45.00	\$50.00	\$55.00
Long Course 10k run/22 mile bike	\$50.00	\$55.00	\$60.00

* Signup by April 1 guarantees shirt

Age Groups: 5k and 10k are open to all ages. Biathlon minimum age is 16 years. You must supply proof of age on the day of the race (state or military I.D.)

Male: 10 and under, 11-15, 16-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 and up. Masters 40 & up.

Female: 10 and under, 11-15, 16-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 and up. Masters 40 & up.

You can pick up your race packet on Saturday, April 28th, 2018, at the East Belleville YMCA during our family friendly expo. Same day pick-up starts at 5:30 am at the East Belleville YMCA, 2627 Carlyle Ave, Belleville, IL 62221.

All participants must wear A.N.S.I. approved helmets. Be prepared with reliable bike and helmet. No strollers or pets on the course.

SPONSORS



All proceeds benefit Get Up & Go!

We've used past proceeds to fund over 30 neighborhoods, church, school and community gardens in St. Clair County.



Presented by



DATE: Sunday, April 29, 2016

TIME: 7:00 am

LOCATION: East Belleville YMCA
2627 Carlyle Ave
Belleville, IL 62221

Take your fitness challenge to a whole new level with a fast and flat 5k or 10k run, or choose either the short course biathlon option (5k run and 10-mile bike) or the long course biathlon option (10k run and 22-mile bike). The 22-mile bike course winds along a beautiful country road until heading back to the East Belleville YMCA for a flat, 2 mile sprint to the finish.

Belleville is approximately 30 minutes from downtown St. Louis.

January 20th Registration opens online at www.getupgobiathlon.org

You can also mail your Registration & Waiver to Get Up & Go!, PO Box 304, Belleville, IL, 62220. Make checks payable to Get Up & Go!

REGISTRATION: *(please print)*

Run Only:

Male / Female *(circle one)*

5k Run only / 10k Run only *(circle one)*

Last/First Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

Age on race day: _____

E-mail: _____

Running or Cycling Club: _____

Shirt Size: Youth/Adult SM MED LG X-LG XX-LG

Emergency Contact Name & Phone:

Biathlon:

Male / Female *(circle one)*

Short (5k run/10-mile bike) or Long (10k run/22-mile bike)

Last/First Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

Age on race day: _____

E-mail: _____

Running or Cycling Club: _____

Shirt Size: Youth/Adult SM MED LG X-LG XX-LG

Emergency Contact Name & Phone:

Wheelchair Division:

Male / Female *(circle one)*

Run Only:

5k or 10k *(circle one)*

Biathlon:

Short (5k run/10-mile bike) or Long (10k run/22-mile bike)

Last/First Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

Age on race day: _____

E-mail: _____

Running or Cycling Club: _____

Shirt Size: Youth/Adult SM MED LG X-LG XX-LG

Emergency Contact Name & Phone:

Shadow #1 Info. Name: _____

Phone: _____

E-mail: _____

Emergency Contact Name &

Phone: _____

Shadow #2 Info. Name: _____

Phone: _____

E-mail: _____

Emergency Contact Name &

Phone: _____



WAIVER, RELEASE & INDEMNIFICATION: (In consideration of the acceptance of my entry in the Get Up & Go Biathlon) I know that participating in a Biathlon is a potentially hazardous activity, which could cause injury or death. I hereby agree to comply with all rules and regulations as well as event instructions of the Get Up & Go Biathlon and its Events Committee members. I am medically able and properly trained for this competition and by my signature, I certify that I am medically able to perform this event, and am in good health and sufficiently trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with competing in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, including executors, administrators, heirs or next of kin, waive, release, indemnify and hold harmless the Get Up & Go Biathlon, its Events Committee, their officers, directors, members, volunteers, employees, CHIRO-MED and all other sponsors, the city of Belleville, St. Clair Township, St. Clair County, the State of Illinois and all other organizations from all claims or liabilities of any kind arising out of my participation in this event and its related activities, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature #1: _____

Signature #2: _____