2018 Run the Mill Duathlon
10-mi Road Bike + Trail 5K Run

When: Sat., September 22, 2018, day-of registration & packet pick-up at 8 AM, race starts 9 AM; Event is rain or shine.

Where: Day-of registration, start, & finish at Blair’s Pond 5K Trail, 8187 Abbotts Pond Rd, Greenwood, DE 19950
Race after-party & awards at Abbott’s Mill Nature Center, 15411 Abbotts Pond Rd, Milford, DE 19963

Registration: Early Bird (until 9/15): Individual Bike + Run: $50/person; Teams of 2: $25/person
Week-of/Day-of (9/16 – 9/22): Individual Bike + Run: $70/person; Teams of 2: $35/person
Make checks payable to Delaware Nature Society, and mail to TriSports Events, 2772 Hazletville Rd, Dover, DE 19904. Registration fees are non-refundable as this event is a fundraiser for Abbott’s Mill Nature Center of the Delaware Nature Society, a 501(c)(3) non-profit organization. Register at delnature.org/runthemill or trisportsevents.com; for more info, contact Races4u@TriSportsEvents.com or Matt@DelNature.org

Timing/Awards: This event will be chip timed, with finish times based off of gun time with no split times provided. Overall and masters female & male winners; Top 3 F & M racers in categories 10 & under - 70 & over; Top 3 Team awards in the male, female, and co-ed divisions.

Bike Rules: Mandatory bike rules meeting will be held at 8:45 am in the transition area. Helmets (buckled) will be required for the bike portion of the event; road & mountain bikes allowed. Cyclist must be at the mass start on time, no exceptions, & no late starts! For your safety, you must obey the rules of the road & all instructions given by the Delaware State Police and/or DelDOT personnel. iPod type devices that will restrict your hearing are not allowed in this event. DRAFTING (cycling directly behind or alongside another rider) after the first mile is strictly prohibited, as it provides an unfair advantage. You must leave at least 3 bike lengths between your front wheel & the next rider’s rear wheel. If you choose to pass another rider, you must do so to the left & the pass must be completed in 15 seconds. The person being passed must fall back 3 bike lengths before trying to re-pass you. You must ride on the right side so that you can be passed on the left. No side by side riding after the first mile. No crossing the center line even to pass. WE EXPECT EVERYONE TO BE HONEST AND FOLLOWING THE RULES! The “I didn’t know” excuse does not apply to this event.

Transition: Bike rack spots are first come, first serve. Cyclists must be off their bikes before the dismount line. No outside assistance allowed in the transition area. You must run/walk your bike to the transition area and mount it in YOUR rack space before heading to the run exit. Tampering with another racer’s transition area or equipment is strictly prohibited.

Teams: Cyclists must exchange their chip ankle strap with their run teammate outside the run exit in the transition exchange zone after racking their bike. Runners must place the chip ankle strap firmly around their ankle before starting the run. NO CHIP AT THE FINISH LINE MEANS NO TIME RECORDED.

Disqualification: Without argument, the race director reserves the right upon review of the situation to disqualify anyone refusing to follow the rules. Rules will be enforced for the safety of all participants and to keep the race fair. Please ask if you have questions. You must know and complete the entire race course, this includes entering and exiting the transition area properly.

Silent Hero: Can’t make the event, but would still like to show your support? Register as a SILENT HERO!
Volunteer: Interested in volunteering? Contact Matt Babbitt, Abbott’s Site Manager - matt@delnature.org / 302-422-0847

Amenities: The first 250 racers & all volunteers will receive a race t-shirt & sponsored take home prizes. Race after-party includes beverages, post-race grub, live music, kayak rentals by Quest Adventures, kid’s activities with Lewes’ Factory Sports, & more. Results and photos will be posted at trisportsevents.com
DUATHLON ENTRY FORM

WAIVER & RELEASE OF LIABILITY: I understand that my/my child’s participation in Delaware Nature Society’s (DNS) Run the Mill is entirely voluntary. I understand that DNS’ Run the Mill may involve running, biking, walking, hiking, boating, paddling, and other outdoor activities. I know and understand the risks and danger involved in the above-named activities, and I know and understand that unanticipated danger may arise. I hereby release DNS, TriSports Events Management, all event sponsors, and participating organizations from any responsibility for injury which might occur as a result of my/my child’s participation in all Run the Mill activities, except those determined to be a result of gross negligence on the part of the previously named entities. I give permission for myself/my child to participate in all Run the Mill activities. I hereby give my permission to the event organizers and sponsors to use my/my child’s name and/or picture in any publication, broadcast, telecast, or other account of this event without limitation or obligation of further compensation thereof. I also give permission to authorized personnel to carry out emergency diagnostic and therapeutic procedures as may be necessary for me/my child, and also permit such treatment procedures to be carried out at and by a local hospital for me/my child in the event of an emergency. I understand that any medical expenses will be billed directly to me or my insurance company.

Participant Name: ____________________________ Email: ______________________________________

Last First M.I.

Birth Date: ____ / ____ / ____ Age Day of Race: _____ Gender: F / M T-shirt Size: S M L XL XXL

Racer Type (circle one): Individual Female Team of 2 Male Team of 2 Mixed Team of 2 (F & M) Silent Hero

Team Name: __________________________________________________________

Home Address: __________________________________________________________________________

Street or P.O. Box City State Zip

*Parent/Guardian: __________________________ Relationship: __________________________ Phone: __________________________

*Minor participants only

**Parent/Guardian or Adult Participant Signature: __________________________ Date: __________ (**Required for all participants)

EMERGENCY CONTACT
(optional)

Name: __________________________ Relationship: __________________________ Phone: __________________________