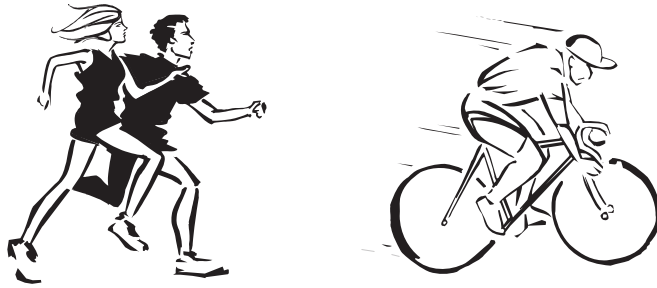


THE 20TH ANNUAL



2009 WOOLMARKET DUATHLON SERIES

SATURDAY, APRIL 18
8:00 A.M.
5K + 10 Mile Bike

SATURDAY, MAY 23
8:00 A.M.
2 Mile Run + 10 Mile Bike
+ 2 Mile Run

SATURDAY, JUNE 27
8:00 A.M.
3 Mile Run + 10 Mile Bike
+ 1 Mile Run

LOCATION:

The races all start 5 miles north of I-10 off the Woolmarket Exit (Hwy. 67). Hwy. 67 is under new road construction. The scenery has changed. Look for RACE signs and arrows to direct you to the Woolmarket Community Center.

COURSE:

The run is out and back. The bike is a 10 mile out & back loop. Both offer a hilly challenge. No Drafting allowed. Bike helmet is required.

REFRESHMENTS:

Kentwood Springs Water, Sports drink, cookies, and watermelon.

TANK TOPS:

All registered duathletes will receive a colorful Woolmarket Duathlon series tank top (unless a no shirt option applies).

ENTRY FEE:

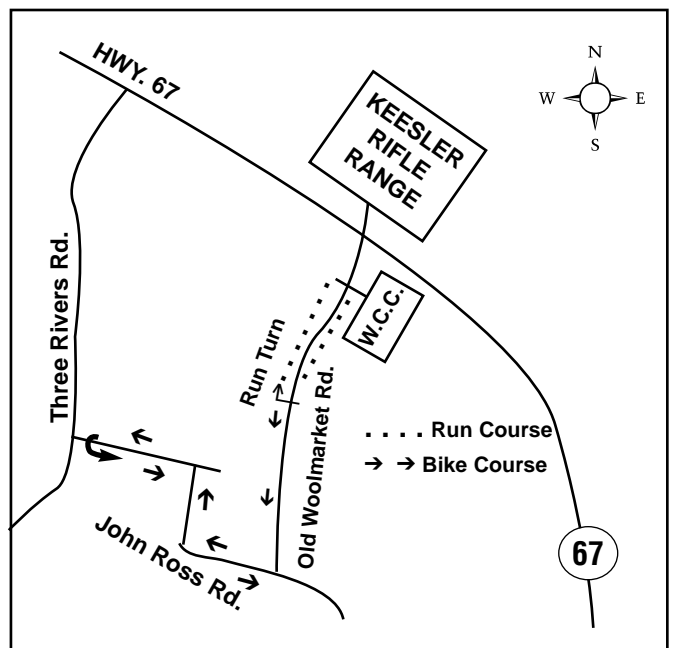
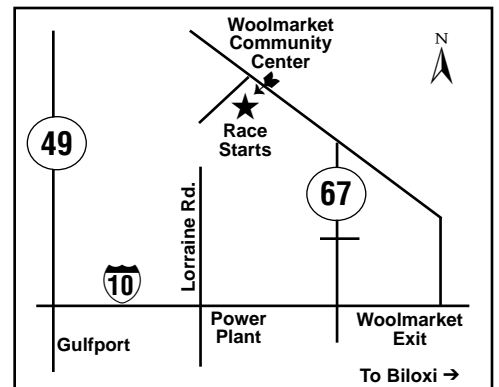
\$15 Race Day Registration ONLY

\$10 No Shirt Option

There will be no pre-registration.

AWARDS:

Biking trophies awarded to the 1st (3) overall finishers Male and female. Also to the 1st overall Masters, 1st Grand Masters, & 1st Seniors, male and female. Age award trophies to the 1st three finishers in each of the following age groups, male and female: <18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-over (65-69, 70-over, males)
Mountain Bike Class: 1st three finishers awarded. Male & Female.



For Information, Contact
CYCLIST CHOICE 228-864-0072
or Leonard Vergunst 228-380-7037



Sales & Service
228-864-0072



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Fitness Equipment
Airdynes - Treadmills - Weights
1927 25th Avenue • Gulfport, MS 39503

The Right Choice!



Additional registration forms and complete results can be found at:
www.gulfcoastrunningclub.org

2009 WOOLMARKET DUATHLON SERIES

In consideration of the acceptance of this application form, I the undersigned, intending to be legally bound, do hereby for myself, my heirs, executors, administrators and assigns, knowingly and willingly waive any and all rights and claims for damages I may have against the persons or entities connected with this event, including the Cyclist Choice, Gulf Coast Running Club, or the Gulf Coast Bicycle Club, and I release and hold them harmless for any and all injuries sustained in connection with this event. I hereby grant full permission to use my name and image in any photographs, videotapes, motion pictures, recordings, broadcasts, or other record of this event. I further attest that I have read this waiver and intend to have a good time at this event.

Signature Here

Signature (Parent's signature if under 18 years) _____

Name _____

Address _____

City/State/Zip _____

Phone: _____

Road Bike _____ Mountain Bike _____

Male _____ Female _____

Age on Race Day _____

Shorts Size (circle one):

S M L XL

