

# YAK – A – DU

## KAYAK DUATHLON

### 2 MILE RUN - 2 MILE KAYAK - 2 MILE RUN



SATURDAY, SEPTEMBER 19, 2009  
 LONG BEACH, MISSISSIPPI  
 WOLF RIVER CANOES 8:00 A.M.



**General Information:** This is a first time fun event. It consists of individuals running 2 miles (one mile up Tucker Rd. and back), then kayaking 2 miles (one mile south on Wolf River and back), and then doing the 2 mile out and back run on Tucker Rd. again. The race will be a good tune up for people getting ready for the PPP later next month, however, this will be a solo event only. No teams or relays for the Yak-A-Du.

**Cost:** The cost will be \$12. We will have T-shirts for participants this year. The rest of the entry fee money will be used for the refreshments and awards. There will be no pre-registration. Just come sign up on race day beginning at 7am.

**Place:** Wolf River Canoes, Long Beach, MS. on Tucker Road. Take Exit 28 off I-10 & go south. (This is the Long Beach-Pass Christian exit). Cross the RR tracks after about 1 mile and bear right onto Red Creek Road until you see the Wolf River Canoe sign – that's Tucker RD. Follow it until it ends. You can reserve a kayak (or canoe) on race day by calling Joe Feil at 228-452-7666. The cost of the rental is \$15 (in addition to the entry fee). So bring your own kayak or borrow one to avoid this additional cost. Double bladed paddles allowed with any type of kayak or canoe.

**Awards:** Top 10 overall males & top 5 overall females. Plus top 3 masters and top 2 grandmasters.

**Results:** will be posted at [www.gulfcoastrunningclub.org](http://www.gulfcoastrunningclub.org) later on race day.

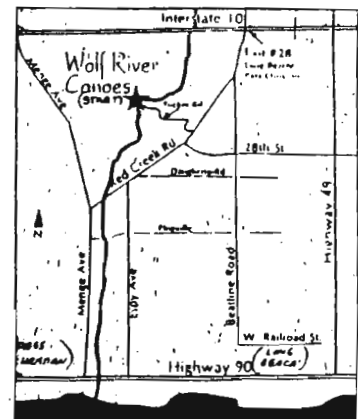
**Info:** Call Bob Clark 228-861-1204 or Leonard Vergunst at 228-380-7037. To print additional applications go to our website [www.gulfcoastrunningclub.org](http://www.gulfcoastrunningclub.org)

### YAK-A-DU Kayak Duathlon

*I agree to abide by the rules of the race. I also agree not to hold the Gulf Coast Running Club, Wolf River Canoes, nor any volunteer responsible for any injury or death that might occur.*  
 Signature Here

Signature (Parent's signature if under 18 years) \_\_\_\_\_  
 Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City/State/Zip \_\_\_\_\_  
 Phone: \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_  
 Age on Race Day \_\_\_\_\_



Make Checks Payable to: GCRC