



**JAY SPRINT DUATHLON & 5K
2017**



**Sunday, Oct 1, 2017 at 3 PM
JB Earp Football Stadium, Jay, OK**

1:00 PM

- Registration Begins (Race t-shirt for first 250 entrants who pick up race packets)

3:00 PM

- Duathlon (5k run/ 14 mi bike/ 1 mi run)
- Team Duathlon (2-3 people and work as a unit)
- 5K Run

3:05 PM

- 1K Fun Run/Walk

Following Duathlon

- Kids' Duathlon (0.25 mi run/ 0.5 mi bike/ 0.25 mi run), ages 11 & under

Race Director & Contact Information

Cindy Tuder, 918-253-1368
Beatycreek93@hotmail.com

For more info or to register: <https://runsignup.com/jaysprintdu>

Race Entry Fees

Category	before 8/31	9/1-9/19	9/20-Race day
Duathlon	\$35	\$40	\$45
Team Duathlon	\$70	\$75	\$80
(All team members included in fee)			
5K Run	\$25	\$25	\$30
1K Fun Run	\$15	\$15	\$15
Kids' Duathlon	\$20	\$20	\$25

USAT license is REQUIRED for all duathlon entrants (not kid's duathlon) A 1-day license is \$15 or an annual membership may be purchased online at: www.usatriathlon.org

Wings Sponsored Race:

This is a Cherokee Nation Wings sponsored event. To register for the Jay Sprint Duathlon through Wings use the promo code WINGSDU at <https://runsignup.com/jaysprintdu> or fax your race registration forms to the Wings office at 918-458-6224 by September 20, 2017.

Bike repairs and concessions will be available. Please, no alcohol is permitted on Jay Public Schools property.

Event (circle one): Duathlon Team Duathlon 5K Run 1K Fun Run Kids Duathlon

Name(s) _____ Age on Race Day _____ DOB _____ Sex _____

Address _____ City _____ State _____ Zip _____

Phone _____ T-shirt size (circle one) Adult S M L XL 2XL 3XL YOUTH S M L

Email Address _____

Waiver: I know that running and bicycling in a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that there will be a possibility of traffic on the course. I assume the risk of running in traffic. I also assume any and all other risks associated with running this event including but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity and the conditions of the roads, all risks being known and appreciated by me. Furthermore, I agree to yield to all emergency vehicles. I am also fully aware that baby strollers and wheels of any kind (except competitive wheelchairs) animals and head phones are strictly prohibited and I agree not to have them on the course. Furthermore I agree not to go back into the course after finishing. Knowing these facts and in consideration of your accepting my entry, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive and release and discharge any and all race sponsors, race officials, volunteers, local and state police including any and all of their agents, employees, assigns, or anyone acting for or on their behalf from any and all claims or liability for death, personal injury, or property damage of any kind or nature whatsoever arising out of, or in the course of my participating in this event whether same be caused by negligence or fault. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned further grants permission to sponsors and/or agents authorized by them to use any photos, video tapes, motion pictures, or any other record of this event for any purpose. **Minors accepted only with parent or guardian's signature.** No refunds. No makeup rain date. Lost Timing Chip will be charged to participant. Shirt size not guaranteed.

Signed Participant or Parent _____ (waiver must be signed by each participant (i.e. teams) to participate)