Apple Capital Spring Duathlon

Presented by

Black Diamond Sports Therapy

Saturday, April 7, 2012- 10:00AM
Location: Confluence State Park, Wenatchee, Washington
Distance: 3 mile run, 17 mile bike, 3 mile run
Camping available on a first come, first-served basis

Registration: Registration fee is $65 for individuals; $95 for teams before March 26. After March 26, entry fees are $75 for individuals and $105 for teams. Entries received after March 26, 2012 may not receive souvenir items. Enclose payment with entry.
Mail: Send registration form & check to BLACK DIAMOND SPORTS THERAPY 147 Easy Way Suite 106, Wenatchee, WA 98801 **Phone:** (509) 679-6793 **Entries are non-refundable/nontransferable**
Award Division: Awards will be presented to overall male and female winner, 1st thru 3rd in each individual age groups, 1st and 2nd in each team division.
Age Divisions: Individuals: 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+
Relay: (combined 3 ages) 105 & under, 106 and over in Men's, Women's and Mixed divisions.
ALL PARTICIPANTS MUST HAVE A USAT LICENSE!!! IF YOU DO NOT YOU MUST PURCASE A ONE DAY LICENSE FOR $12 AT THE EVENT. The WA. State Parks Department also requires that all vehicles must have a parking permit ($10) or have a discovery pass.

ENTRY FORM

Individual/Team Member #1:
USAT #:_____ **Team Discipline: run bike run**
Name_____
Address_____
Phone _____
Email_____
Age_____ **(on 4/7/12) Gender: M F**

Team member #2:
USAT #:_____ **Team Discipline: run bike run**
Name_____
Address_____ _____
Phone _____
Email_____
Age_____ **(on 4/7/102) Gender: M F**

Team member #3:
USAT #:_____ **Team Discipline: run bike run**
Name_____
Address_____ _____
Phone _____
Email_____
Age_____ **(on 4/7/12) Gender: M F**

Relay Name (limit 20 characters):
__/ Teams (circle one): Male Female Mixed
Relays: Combined Ages _____
All entries will sign USAT waiver prior to race.