



# 2017 Anytime Fitness Duathlon & 5k

2 Mile Run – 9.5 Mile Bike – 2 Mile Run

**Saturday, May 20, 2017**

7:30 AM

Anytime Fitness, Forest Hill, MD

**Entry Fee:**

**Individual Duathlon - \$35** until April 30, **\$45** until May 19, **\$60** on race day

**Duathlon Team Relay - \$70** per team until April 30, **\$80** per team until May 19, **\$100** per team on race day

**5k Race - \$25** until April 30, **\$30** until May 19, **\$35** on race day

Do not mail registrations after 5/10; online registration is available until 5/18)

- o Visit [www.EliteRaceManagement.com](http://www.EliteRaceManagement.com) for online registration through [Active.com](http://Active.com)
- o **Or** mail registration form and check (payable to **Anytime Fitness**) to Elite Race Management, P.O. Box 314 Jarrettsville, MD 21236

**Pre-Race Packet Pick Up:**

- Friday, May 19<sup>th</sup> from 5 PM-7 PM at Anytime Fitness in Forest Hill
- Saturday, May 20<sup>th</sup> from 6 AM – 7:10 AM at Anytime Fitness in Forest Hill

**Awards:**

Duathlon Individuals:

- Top 3 Overall – Male & Female
- Top 3 / Age Group – Male & Female, 19 & Under, 20 – 24, 25-29, 30 – 34, 35 – 39, 40 – 44, 45 – 49, 50 – 54, 55 – 59, and 60+

Duathlon Team Relay:

- Top Male, Female, and Mixed Gender Team Overall

5k:

- Top 3 Overall – Male & Female
- Top 3 / Age Group – Male & Female, 19 & Under, 20 – 29, 30 – 39, 40 – 49, 50 – 59, and 60+

**Course:**

Course with both running segments on a portion of the Ma & Pa Trail (asphalt, cinder & wood surfaces) and the bike segment features rolling hills, majority of distance is on wide roads with shoulders

**Amenities:**

T- shirts for all participants (*shirt sizes not guaranteed for those who register after May 8*), chip timing, water available on course, post-race refreshments, onsite medical professionals, course marshals, signs throughout the course, and onsite parking

**2017 ANYTIME FITNESS FOREST HILL DU-RUN – MAY 20, 2017 – 7:30 AM**

**Contact Info:**

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ MI: \_\_\_\_\_

Mailing Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_

ZIP Code: \_\_\_\_\_ E Mail Address \_\_\_\_\_ Telephone # \_\_\_\_\_

**Personal Info:**

Age on race day: \_\_\_\_\_ Birth Date: \_\_\_\_\_ Male or Female: \_\_\_\_\_ Team Name: \_\_\_\_\_

**Payment Information:** (make checks payable to: Anytime Fitness)

**Shirt Size:** (circle one)    **S**    **M**    **L**    **XL**

**Please check next to the correct amount:**

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|---|--|
| Duathlon Individual Registration  | \$35.00 until 4/30, \$45 until 5/19, \$60 on race day  |
| Duathlon Relay Registration (Each member must fill out a separate form) | \$70.00 until 4/30, \$80 until 5/19, \$100 on race day |
| 5k Registration   | \$25.00 until 4/30, \$30 until 5/19, \$35 on race day  |

**Waiver/Release Must Be Signed Before Mailing:**

In consideration of the acceptance of my entry, I, on behalf of myself, my heirs, executors and assignees, hereby release and discharge Elite Race Management LLC, Anytime Fitness Forest Hill, the race director, Harford County, MD, volunteers and race sponsors of all claims, damages, demand, actions, whatsoever in any manner arising out of my participation in said athletic event. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate. Further, I hereby grant full permission to any and all of the foregoing to use my name, photographs, videotapes, motion pictures, recordings or other record of this event for any legitimate purpose, without compensation or remuneration.

\_\_\_\_\_  
Signature (parent or guardian signature if under18)

\_\_\_\_\_  
Date