

Colorado Wild Women 4th Annual Duathlon

September 26, 2010 * Aurora Reservoir * 8am

Main Du: 2 mile run/walk ~ 12.5 mile bike ~ 2 mile run/walk

Mini Du: ½ mile run/walk ~ 6.5 mile bike ~ 2 mile run/walk

For more specific race information, please go to: <http://www.girlsincdenver.org>

Please PRINT all information

First Name: _____ Last Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Email: _____ Day Phone: _____ Eve. or Cell Phone: _____
(Important for Event Updates)

Age: _____ Birthdate: _____ T-Shirt Size: _____ (XS, S, M, LG, XL) USAT#: _____
(For current USAT members)

Emergency Contact (someone available on race day): Name: _____ Phone: _____

Club or Company Affiliation: _____

REGISTRATION FEES:

Mini Du	\$49
Main Du	\$59
Competitive Du Relay	\$109 (Registration forms for all team members should be submitted together)
<i>Registration after Aug 1st, 2010</i>	
Mini Du	\$59
Main Du	\$69

Registration Fees for under age 18

Main Du and Mini Du	\$39
<i>Registration after Aug 1st, 2010</i>	\$45

You must be at least 15 years old to register for the Main Du and at least 11 years old to register for the Mini Du

Please circle category: Main Du Mini Du

\$ _____ Registration Fee

\$ _____ **If NOT a current USA Triathlon member, please add \$10.00**

\$ _____ Donation to Girls Inc. of Metro Denver (Please make separate check payable to Girls Inc. of Metro Denver)

\$ _____ **TOTAL AMOUNT ENCLOSED Please make check payable to Colorado Wild Women Duathlon and mail completed entry form to: DuTriSportz, LLC 6061 E. Mineral Drive, Centennial, CO 80112.**

No Refunds. However you will be allowed to transfer your spot to someone else for a \$10 transfer fee, up to September 16, 2010. We will not be able to process transfers after that date.

USAT Information:

All entrants must be covered by USAT insurance. If you are an annual member, please enter your USAT number above, or you will be required to pay the one-day license fee. If you are not a member, you must either purchase a one-day license fee for \$10 or an annual membership for \$39 (Youth membership, under age 17 is \$5.00). Please see www.usatriathlon.org for more information on the many benefits of a USAT membership. Annual memberships will need to be purchased prior to packet pick-up. Also, if you forget your USAT card, you will have to pay the \$10 one-day license fee.

All participants except Annual Members of USAT will be required to complete a waiver at packet pickup. Please bring your USAT card and a Photo ID to packet pick-up. Only participants may pickup their packet for insurance reasons. Relay team members may NOT pickup packets for their entire team.

For event information contact Teresa Gray at teresa@coloradowildwomen.com

Questionnaire (optional)

Is this your first Duathlon? Yes No

If not, how many duathlons have you participated in? _____

Have you participated in a Triathlon? Yes No

If yes, how many triathlons have you participated in? _____

On average, how many days per week do you exercise? None 1-2 days 3-4 days 5-7 days

What is your annual household income?

_____ < \$25,000
_____ \$25,000 - \$50,000
_____ \$50,000 - \$75,000
_____ \$75,000 - \$100,000
_____ > \$100,000

On average, how much do you spend annually on Exercise Clothing and Equipment?

_____ < \$50
_____ \$50 - \$99
_____ \$100 - \$199
_____ \$200 - \$400
_____ > \$400

How did you hear about the Colorado Wild Women Duathlon?

_____ Word of Mouth
_____ Participant in 2008 or 2009 Du Wop
_____ Print Advertising – which publication? _____
_____ Website Search
_____ Race Flyer/Goodie Bag
_____ Club – which club? _____