Inaugural Lake Tillery DAM DUATHLON

Saturday, May 4th, 2013, 8:00 am Start

Piney Point Golf Club

48688 Piney Point, Norwood, NC 28128

Sponsored by the Norwood Business Association

Race Information: A run-bike-run duathlon in scenic Norwood, NC. It's a 3.1 mile run, 17 mile ride, and a 2 mile run that is along the edge of Lake Tillery with a bike ride past the Lake Tillery Dam. Individuals & teams allowed. **No bandit running or bib swapping allowed.

Entry Fee Individual: $45.00 from March 1st –May 3rd. Race Day entry fee is $55.00. Entry Fees Team: March 1st-May 3rd. (2) members $60.00 (3) members $70.00. Race Day entry fee for Teams is (2) members $70.00 and (3) $80.00. Race is limited to 100 participants. Registration: Register using this form or online at SPORToften.com. All participants will receive a t-shirt. Packet pickup and race information will be @ Piney Point Golf Club on Friday, May 3rd from 6:00 pm – 8:00. Packets can also be picked up on race day from 7:00 am – 7:30 am. Packet pickup requires a photo ID.

Awards: Awards will be given to the top three place finishers in female, male, & mixed/team categories. Additionally, medals will be given to the top three finishers in each category as follows:
Age categories: 15-19, 20-24, 25-29,30-34,35-39,40-44,45-49,50-54,55-59,60-64,65-69,70-74 & 75-79.

Proceeds: The Norwood Business Association will contribute funds from this event to the South Stanly Middle School for School Funding Support which will help build a business school partnership with South Stanly Middle School. Other proceeds will help fund local events.

If you have any questions, please contact race chairman Dave VanDeventer @ Piney Point Golf Club. Club- 704-474-3985, Cell- 704-322-9136, or dvandeventer@pineypointgolfclub.com.
(If registering using this form make checks payable to Norwood Business Association, P.O. Box 113, Norwood, NC 28128.) Norwoodbusiness.com

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First Name: _____ Last Name:_____
Gender: M_____ F_____
Street Address:_____ City_____ State____ Zip____
Phone Number: _____ Email:_____
DOB:_____ Age on race day:_____
T-Shirt Size: Youth:_____L
Adult: _____S _____M _____L _____XL _____XXL

Are you a member of USAT (USA Triathlon)? Yes___No___ . This is a USAT sanctioned event and membership is required for insurance purposes. You can either register for membership online at usatriathlon.org or by completing a waiver/form the day of the race. The membership cost for an adult is $12/day or $45/annual.

Print Name of Participant Signature (of parent if under 18) Date