

Thanks to:

**NORM'S XTREME FITNESS**

120 NW 3rd Street, Prineville, OR 97754

Phone: (541) 416-0455

[www:NormsXtremeFitness.com](http://www.NormsXtremeFitness.com)

**Crook County Parks & Recreation**

296 S. Main St., Prineville, OR 97754

(541) 447-1209

[www.ccprd.org](http://www.ccprd.org)

**Band Of Brothers of Prineville**

[www.oregonbandofbrothers.org](http://www.oregonbandofbrothers.org)

VETERANS HELPING VETERANS

Open to all veterans.

Group meets every Thursday at the Prineville Elks Club. No host breakfast or coffee at 8:00 am

Providing free military funeral services to honor our military heroes.

Flag presentations.

**PRIMARY SPONSOR:**

**N THE ZONE INK**  
**EYE OF THE NEEDLE**

62958 Layton Ave. #4

Bend, OR 97701

(541) 728-9663

# UP THE CROOKED RIVER DUATHLON

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**April 29, 2018**  
**Prineville, OR**  
**10:00 am**



**5k Run—40k Bike—5k Run**  
**or**  
**2 mi walk—10 mi Bike—2 mi Walk**

Email:  
[normsxtreme@bendbroadband.com](mailto:normsxtreme@bendbroadband.com)

- TWO EVENTS
- TWO DISTANCES
- TWO SETS OF WINNERS

# UP THE CROOKED RIVER DUATHLON

April 29, 2018

Sunday

START TIME: 10:00 am

## GENERAL INFORMATION:

This is an event with a magnificent RUN, BIKE, RUN or a WALK, BIKE, WALK course in Prineville, OR. The course is fast and flat with a few rollers. The bike course takes you out and back along the beautiful Crooked River.

The two events will be run simultaneously. They are designed for everyone—all ages and abilities. Participants should be in average physical condition.

The user friendly courses will be clearly marked and staffed by volunteers to keep you going in the right direction.

All finishers will be awarded the Finisher's Medal. Ribbons awarded to the 1st place winners by age group, male/female and team both in the run event and the walk event.

## BENEFITS:

Prineville Chapter of the Band of Brothers

“Veterans Helping Veterans”

## INDIVIDUAL AGE GROUPS

### MALE & FEMALE:

14 AND UNDER, 15—19, 20—24

25-29, 30-34, 35-39, 40-44, 45-49

50-54, 55-59, 60-64, 65 AND OVER

## TEAMS - TWO PERSON

## ROUTE:

The run/walk events stage and start at the Crooked River Park (also known as the Les Schwab Field). The run/walk routes are out and back to the Crooked River Park where you will transition to the bike. The bike portion will take you south on the Crooked River Highway toward Prineville Reservoir beside the lush meadows and beautiful Crooked River. The bike portion for the runners is out 20K to the turn around. For the walkers it is out 5 miles to the turn around. Both returning to the Crooked River Park for the final lap of the run or walk.

The bike transition area is fully secured.

## ***Helmets are required.***

Although the road used for the bike portion is open to traffic, we request that participant's support stay off of the route to increase participants safety.

## ENTRY FORM

Sign up for: **W/O TEE SHIRT/WITH TEE SHIRT**

- |                          |                           |          |         |
|--------------------------|---------------------------|----------|---------|
| <input type="checkbox"/> | RUN-BIKE-RUN INDIVIDUAL   | \$30.00/ | \$40.00 |
| <input type="checkbox"/> | WALK-BIKE-WALK INDIVIDUAL | \$30.00/ | \$40.00 |
| <input type="checkbox"/> | RUN-BIKE-RUN TEAM         | \$60.00/ | \$80.00 |
| <input type="checkbox"/> | WALK-BIKE-WALK TEAM       | \$60.00/ | \$80.00 |
| <input type="checkbox"/> |                           |          |         |

Total: \_\_\_\_\_

M F AGE: \_\_\_\_\_

Name \_\_\_\_\_

M F AGE: \_\_\_\_\_

2nd Name if team entry \_\_\_\_\_

Primary applicant address / \_\_\_\_\_

EMAIL \_\_\_\_\_

Phone \_\_\_\_\_

T-Shirt size (circle/2 IF TEAM) S M L LX

Liability Waiver:

Entry invalid if not signed. I am a voluntary participant in this event and I am in good physical condition. I will not enter and participate unless medically and properly trained. I know that this event is a potentially hazardous activity and I hereby assume full and complete responsibility for any injury or accident that may occur during my participation in this event or while on the premises of this event. I hereby release, hold harmless and covenant not to file suit against Norm's Xtreme Fitness, any affiliated individuals, race sponsors, and/or all other persons or entities associated with the event from any loss, liability or claims I may have arising from my participation. I grant permission to use my name and/or photo for promotional purposes. I have read the forgoing and certify my agreement by this signature and my parent's or guardian's if under 18.

Signature/Participant \_\_\_\_\_

Signature/Team \_\_\_\_\_

Parent/guardian \_\_\_\_\_

**NormsXtremeFitness.com for full event details.**

**PLEASE MAIL ENTRY AND FEES TO:**

**NORM'S XTREME FITNESS**

**120 NW 3RD STREET,**

**PRINEVILLE, OR 97754**

**NO REFUND OF ENTRY FEES**