

UP THE CROOKED RIVER DUATHLON

April 29, 2018

10:00 am start

GENERAL INFORMATION:

Run course:

5K Run – 40K Bike – 5K run

Walk course:

2 mile Walk – 10 mile Bike – 2 mile Walk

This is an event with a magnificent RUN-BIKE-RUN course and a WALK-BIKE-WALK course in Prineville, OR. 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 will need to be in average physical condition.

The user-friendly race 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 first place winners by age group male/female and each team in the run event and in the walk event. The awards will be presented after the race at Crooked River Park.

Age groups for each event male and female:

<i>14 and under</i>	<i>15 to 19</i>	<i>20 to 24</i>	<i>25 to 29</i>
<i>30 to 34</i>	<i>35 to 39</i>	<i>40 to 44</i>	<i>45 to 49</i>
<i>50 to 54</i>	<i>55 to 59</i>	<i>60 to 64</i>	<i>65 and over</i>

Team:

Consisting of two participants

This event supports the Prineville Chapter of the Band of Brothers - "Veterans Helping Veterans".

ENTRY FEES:

Individual Run/Bike/Run	\$30.00 with tech shirt \$40.00
Team (2) Run/Bike/Run	\$60.00 with 2 tech shirts \$80.00
Individual Walk/Bike/Walk	\$30.00 with tech shirt \$40.00
Team (2) Walk/Bike/Walk	\$60.00 with 2 tech shirts \$80.00

(No refunds on pre-paid entry fees)

EVENT DESCRIPTION:

Sunday, April 29, 2018

Start time: 10:00 am

The run/walk events start and finish at the Crooked River Park. The run/walk will begin and return back to the Crooked River Park for the transition to the bike. The bike portion will take you south (paved highway) toward Prineville Reservoir beside the lush meadows and beautiful Crooked River. The bike will leave from Crooked River Park. It is a 20K out & back for those in the run event and a 5 mile out & back for those in the walk event; transitioning again at the Crooked River Park for the final run/walk portion, out and back to the park.

The award ceremony will be after all participants have completed the event. Estimated time of 1:30 pm.

The course is flat and fast and the bike portion has a few rollers.

Race packets will be available for pre-registered participants on Saturday, April 28th at Norm's Xtreme Fitness between 12 noon and 4:00 pm. Pre-registration packets may also be picked up on Race Day.

Timing:

Official time will be for the overall event. No official split times will be available.

Support:

Water stations on the run/walk portion and at each turn-around on the bike portion.

First aid support will be available.

GUIDELINES:

NON-PARTICIPANT SUPPORT/ASSISTANCE WILL NOT BE ALLOWED DURING THE RACE.

FOR SAFETY, NO IPODS, ETC WILL BE ALLOWED DURING THE BIKE PORTION.

RUN PORTION:

Traffic will be on the roads. Run facing on coming traffic.

WALK PORTION:

Participant must maintain a "walking" pace. No jogging or running will be allowed as awards will be given as a "walker's" event.

BIKE PORTION:

The bike transition area is fully secured.

Bikes of any type will be permitted, but they are to be in good operating condition.

Helmets are required.

Although the highway used for the bike portion will be open to traffic, we request that participant's support staff stay off the route to increase participant's safety.

CONTACT INFORMATION:

PRIMARY SPONSOR/ADDITIONAL CONTACT

NORM'S XTREME FITNESS

Norm or Alicia Smith

120 NW 3rd Street, Prineville, OR 97754

Phone: (541) 416-0455

Email: normsxtreme@bendbroadband.com

SPONSORS:

N'the Zone Ink

Eye of the Needle

Josh Love and Deanna Smith

62958 Layton Ave., #4

Bend, OR 97701

(541)728-9663

www.ntzink.com

SPECIAL THANKS:

Crook County Parks & Recreation District

296 S. Main

Prineville, OR 97754

Phone: (541) 447-1209

www.ccprd.org

Prineville Chapter of the Band of Brothers

Veterans Helping Veterans

Meets Thursdays at the Prineville Elks Lodge

Come for no host breakfast/or coffee 8:00 am

www.oregonbandofbrothers.org