

NORMS XTREME FITNESS

120 NW 3RD STREET

PRINEVILLE, OR 97754

PRIMARY SPONSORS:

NORM'S XTREME FITNESS

Norm & Alicia Smith

120 NW 3rd Street, Prineville, OR 97754

Phone: (541) 416-0455

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

NATURE'S BOUNTY

John Malpass & Alyson Hamilton

143 NW 3rd Street, Prineville, OR 97754

Phone: (541) 447-2247

Thanks to:

- ***Crook County Parks & Recreation***

398 N. Fairview Ave., Prineville

(541) 447-1209

www.ccprd.org

- ***Slater Chiropractic***

240 NW Claypool St., Prineville, OR

(541) 447-6627

www.slaterchiropractic.com

UP THE CROOKED RIVER DUATHLON

MAY 9, 2010

Prineville, OR

10:00 am



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

Email:
normsxtreme@bendbroadband.com

- **TWO EVENTS**

- **TWO DISTANCES**

- **TWO SETS OF WINNERS**

UP THE CROOKED RIVER DUATHLON

May 9, 2010

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 a Finisher's Medal. Awards will be given for the 1st, 2nd and 3rd place winners in each age group, male and female, runners and walkers.

After the race a "Cowboy Lunch" will be provided. Non-participants can purchase a lunch for \$6.50. The meal will be served at Pioneer Park by the Crook County Middle School Track Team.

The run/walk will benefit the Crook County Middle School Track Team.

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

TEAM OF TWO

ROUTE:

The run/walk events start at the historic Pioneer Park in downtown Prineville and takes you through residential neighborhoods, past the Prineville High School and out to Crooked River Park (Les Schwab Field) where you will transition to the bike. The bike portion will take you south toward Prineville Reservoir beside the lush meadows and beautiful Crooked River. The bike portion is out 20K for the runners and 5 miles for the walkers, turn around and return to the Ball fields, transition to the final run/walk ending at Pioneer Park for food and awards.

The bike transition area will be fully secured. Identification will be required to pickup a bike after the event. Non-participants will not be allowed into the transition area during drop off. With participant's permission and identification, they will be allowed to pickup bikes after the event.

Helmets are required.

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

ENTRY FORM

Sign up for:	PRICE
<input type="checkbox"/> RUN-BIKE-RUN INDIVIDUAL	40.00
<input type="checkbox"/> WALK-BIKE-WALK INDIVIDUAL	40.00
<input type="checkbox"/> RUN-BIKE-RUN TEAM	\$70.00
<input type="checkbox"/> WALK-BIKE-WALK TEAM	\$70.00
<input type="checkbox"/> Non-participant meal	\$6.50
Total: _____	

Name _____ Age race day _____ M F

Name (2ND ON TEAM) _____ Age race day _____ M F

Address/City/State/Zip _____

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, Nature's Bounty, any affiliated individuals, race sponsors, and 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 foregoing and certify my agreement by this signature and my parent's or guardian's if under 18.

Signature/Participant _____

Signature/Team _____

Parent/guardian _____

VISIT www.NormsXtremeFitness.com for full event details.

PLEASE MAIL ENTRY AND FEES TO:

NORM'S XTREME FITNESS

120 NW 3RD STREET,

PRINEVILLE, OR 97754

Late fee \$10.00 after 5/1/10

NO REFUNDS ON ENTRY FEES