

UP THE CROOKED RIVER DUATHLON

MAY 9, 2010
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 a Finisher's Medal. Awards will be given for First, Second, and Third place winners in each age group/male and female. The awards will be presented after the race at Pioneer 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 of Two

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

ENTRY FEES: **(No refunds on entry fees)**

Individual Run/Bike/Run	\$40.00
Team(2) Run/Bike/Run	\$70.00
Individual Walk/Bike/Walk	\$40.00
Team (2) Walk/Bike/Walk	\$70.00
(Late fee after 5/1/10)	\$10.00

EVENT DESCRIPTION:

Sunday May 9, 2010

Start time: 10:00 am

The run/walk events start at the historic Pioneer Park in downtown Prineville and take you through residential neighborhoods, past the Prineville High School and out to Crooked River Park (Les Schwab Ball Fields) where you will 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 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.

Special recognition will be made for all Mother's in the event to wish them a Happy Mother's Day!

The course is flat and fast with a few rollers.

Race packets will be available for pre-registered participants on Saturday, May 8th, at Norm's Xtreme Fitness between 8:00 am 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 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.

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:

Crooked River Events

Email: normsxtreme@bendbroadband.com

PRIMARY SPONSORS/ADDITIONAL CONTACTS

NORM'S XTREME FITNESS

Norm or Alicia Smith

120 NW 3rd Street, Prineville, OR 97754

Phone: (541) 416-0455

Email: normsxtreme@bendbroadband.com



SERVICES/SPONSORS:

Crook County Parks & Recreation District

398 N. Fairview Ave., Prineville, OR 97754

Phone: (541) 447-1209

www.ccprd.org

Slater Chiropractic

Dr. Paul Slater and Dr. Michel A. Crampton

240 NW Claypool St., Prineville, OR 97754

(541) 447-6627

www.slaterchiropractic.com

Fleet Feet Sports

1320 NW Galveston

Bend, OR 97701

(541) 389-1601

www.fleetfeetbend.com

Max Muscle Sports Nutrition

Dominic Current, owner

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