

RUN/BIKE FOR YOUR HEALTH EAGAR DAZE 2011

10K RUN

5K RUN

1 MILE FUN RUN

DUATHLON: 5K RUN – 11 MILE BIKE – 5K RUN

WHEN: AUGUST 6th, 2011

WHERE: EAGAR TOWN HALL (2nd STREET AND MAIN)

TIME: 7AM (LATE REGISTRATION STARTS AT 6 AM, CLOSES AT 6:45 AM)

COST: 10K & 5K \$15.00

1-MILE FUN RUN \$10.00

DUATHLON: (5K RUN-11 MILE BIKE-5K RUN)

INDIVIDUALS* \$20.00

OPEN RELAY \$45.00

FAMILY RELAY \$45.00



***In order to encourage more participation, a Duathlon individual may use his or her first 5K as part of a relay team, open and/or family relay, for \$5 for each additional race. (3 races for \$30.00)**

Entrance forms must be returned on or before July 29th to be guaranteed a T-shirt.

There will be an additional \$5.00 fee for signing up on race day.

Awards will be given in each age group, in each race for men and women. Overall awards will be given to the top 2 finishers in each race and the top 2 of the open and family relays of the Duathlon.

For additional information, contact Sherod or Crystal Penrod at 928-242-2179 or 928-551-0826. Additional registration forms and rules can be mailed, e-mailed or faxed to applicants or downloaded from: www.eagaraz.gov.

Other Eagar Daze events will include: Fireman's Breakfast, Kid's Rodeo and Horseless Rodeo, Mud Mania, Archery Shoot, Racquetball Tournament, Sand Volleyball Tournament, Horseshoe Throwing Tournament, Lumberjack Competition, many Arts and Crafts Exhibits, Kids Games, Talent Shows, Great Food Stands and an Evening BBQ. Plus lots more fun in the Round Valley area.

SO COME JOIN US AT "EAGAR DAZE 2011" IN THE COOL WHITE MOUNTAINS OF ARIZONA

ENTRY FORM AND FEES: (IF POSTMARKED PRIOR TO JULY 29th, IF AFTER JULY 29th, ADD \$5.00)

10k -\$15.00

5k -\$15.00

1 mile-\$10.00

Duathlon: Individual* \$20.00

Family Relay \$45.00

Open Relay \$45.00

* MAKE CHECKS PAYABLE TO: Round Valley Runners *

* MAIL TO: Po Box 1025, Eagar Az. 85925 *

* IN CARE OF: Crystal Penrod *

*For Duathlon Individuals using his/ her 5k run for the Family Relay or Open Relay, a \$5.00 fee will be charged for each race entered. Thus, the relay teams will only be charged \$35.00 per team.

CHECK RACES BEING ENTERED: 10K _____ DUATHLON: INDIVIDUAL _____

5K _____ OPEN RELAY _____

1 MILE _____ FAMILY RELAY _____

NAME _____

EMAIL ADDRESS _____ PHONE _____

ADDRESS _____ CITY _____ ST _____ ZIP _____

CIRCLE ONE: MALE / FEMALE AGE _____ T-SHIRT SIZE YM YL S M L XL

AGE GROUP: 12 AND UNDER 13-18 19-29 30-39 40-49 50-59 60 & UP

RELAY TEAM FOR DUATHLON: TEAM NAME _____

OPEN RELAY _____ TEAM MEMBERS: RUN _____

FAMILY RELAY _____ BIKE _____

RUN _____

WAIVER: I _____ (Parent or Guardian of _____)

Agree to abide by the policies of this race event and I hereby waive and release any and all claims for damage I may have against the Town of Eagar Parks and Recreation Department, and the Round Valley Runners individuals, members thereof and all officers, agents and employees and hold them free and harmless from any loss, damage liability, injury, cost or expense, that may be suffered by myself while participating in this race. I certify that I will abide by all the rules, regulations and conditions as prescribed by the Town of Eagar P&R Dept and Round Valley Runners. I also acknowledge that a racing event is an extreme test of a person's physical and mental limits and carries with it the potential for serious injury, property loss and even death. I hereby assume the risk of participating in this "Eagar Daze" Run/Bike for Your Health Race.

SIGNATURE OF PARTICIPANT _____

SIGNATURE OF PARENT/ GUARDIAN _____

In case of emergency contact: _____ Phone # _____

General information

1. All participants must sign a waiver.
2. Parents must sign a waiver for all participants under the age of 18.
3. Helmets must be worn during the bike ride. (The bike ride is on pavement.)
4. Race day registration and packet pick-up closes at 6:45 am.
5. Bikes must be in the staging area prior to 6:45 am.
6. Informational meeting will be held at 6:45 am, all participants are encouraged to attend.
7. This race is at the elevation of 7000 ft, so train appropriately (choose your race wisely).
8. The most important thing is to have fun!

