



join us for the 9th annual

5K Run / 22.5 K Bike / 5K Run
Duathlon & 5K Run

Saturday November 19, 2011
Virginia Beach Oceanfront

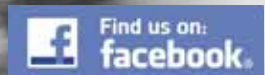
to benefit

Friends of the Virginia Beach Juvenile & Domestic Relations Court

For more information or to register online visit

www.vbfriendsofjdrc.org

This is a ChronoTrack timed event.



Duathlon is limited to 700 participants so register early before it sells out.

Packet Pick up

All participants must pick-up their packets on Friday, November 18, 2011 from 2:00 p.m. to 8:00 p.m. at the Final Kick Sports located at 2865 Lynnhaven Drive, Suite C-3; Virginia Beach, Virginia 23451. Duathletes must produce a valid USAT membership card and show a picture ID. Non-USAT members must have purchased a one-day pass for \$10.00 and have executed a waiver.

TEAM COMPETITION

Teams will compete for the overall TOP MEN'S TEAM AWARD and TOP WOMEN'S TEAM AWARD and endless bragging rights for the entire year until the 2012 Final Kick Sports Cape Henry Duathlon & Runfest where you can compete to keep the trophy or have to pass along to the 2012 Top Team winners. Just imagine...a year of bragging rights. Each team is made up of a minimum of 3 athletes (maximum of 5 per team) each completing the duathlon event (if under age 18, athletes must have a parent or legal guardian signs a waiver). No affiliation is required to participate in the Top Team Division – friends, clubs, schools, military, neighbors, coworkers, churches, groups, workout buddies, etc. – you get the picture – any 3 to 5 athletes can make up a team. Points for team awards will be calculated based on the cumulative time of the top 3 athletes finishing the duathlon. If a team has only 3 members and 1 drops out, the team is disqualified. Have one of your team members go to the online registration and create a DUATHLON TEAM to get started. Each team member should fill out a duathlon registration application under your Team Name. Team applications (unless registering on-line) must be mailed together. Individual entry fee schedule and rates apply. All team participants will be included in individual results and will be eligible for individual awards.

CERVELO BIKE RAFFLE

Buy a raffle ticket for a chance to WIN A CERVELO P2 . The P2 is part of the P-series, made for the battle against the clock from prologue to the Race Across America and from sprint triathlon to Ironman. Raffle tickets are 1 ticket for \$10 and 3 tickets for \$25 – email capehenryduathlon@gmail.com for details or to purchase tickets. Winner will be announced at the race but you do not need to be present to win.

How did you hear about the event? ☐ Past Race Participant ☐ Email ☐ Race Website
☐ Race Advertisement ☐ Other _____

If you are visiting from out of town, how many miles did you travel to get to Virginia Beach?

☐ 0 – 25 miles ☐ 25- 50 miles ☐ 50-100 miles ☐ 100 – 150 miles ☐ Greater than 150 miles

How many nights do you plan on staying in Virginia Beach?

☐ 1 Night ☐ 2 Nights ☐ 3 Nights ☐ 4 Nights ☐ 5Nights ☐ 6Nights ☐ Greater than 7

Registration Closes Friday November 18, 2011 at 8 P M

Just get moving...



Entry Fee Schedule:

Duathlon:

Post-Marked by August 15th (\$65) ☐
Post-marked August 16th – October 15th (\$75) ☐
Post-marked After October 16th * (\$85) ☐
At Packet Pick-up November 18th * (\$100) ☐

Duathlon Team Price is the same as the Individual Price

5K Run:

Post-Marked by August 15th (\$25) ☐
Post-marked August 16th – October 15th (\$30) ☐
Post-marked After October 16th * (\$35) ☐
At Packet Pick-up November 18th * (\$50) ☐

5K KIDS Run: (under age 12 as of the day of the race)

Register by October 16th with a race fee of \$ 15.00 * ☐

* not guaranteed a race t-shirt if registered after this date

One Day USAT License: \$10 ☐

Additional Tax deductible Charitable Donation To Friends \$ ☐

ONE APPLICATION REQUIRED PER ENTRY

NAME: _____
Last First Middle

Mailing Address (include Apt. #) _____

City State Zip Code Country

Email Address: _____

Phone Number: _____

Gender: ☐ Male ☐ Female

Date of Birth (MM/DD/YYYY)* _____

* Age on Race Day (USAT sanctioning rule: The age group of a participant will be determined by age on Dec. 31 of the event year, not by age on race day.)

Personal Chip # (if applicable) _____

USAT # (Duathlon Only)**

** Duathletes must produce a valid USAT membership card and show a picture ID. Non-USAT members must have purchased a one-day pass for \$10.00 and have executed a waiver.

Total Amount Enclosed: _____

For more information or to register online visit
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Checks should be made payable to the Friends of the Virginia Beach J&DR Court and mailed to Friends – Cape Henry Duathlon at 2425 Nimmo Parkway, Building 10-A, Ground Floor, Virginia Beach, Virginia 23456. All Participants must sign a waiver at packet pick-up. If you are under the age of 18, your parent or legal guardian must sign a waiver. Waivers can be down loaded from the web page.

There will be no race day registration for any event.

Event Registering For: Mark One: ☐ Individual Duathlon ☐ Duathlon Relay (consist of 1 runner & 1 cyclist)
☐ Duathlon Team ☐ 5K Run ☐ Kids 5K Run

Duathlon Relay Name: _____ (Mark One) ☐ Male Relay ☐ Female Relay ☐ Mixed Relay

Duathlon Team Name (3 – 5 athletes) ***: _____

*** Each team member should fill out a duathlon registration application under your Team Name. Team applications (unless registering on-line) must be mailed together

Fastest Lawyer Competition: If yes, which firm are you representing? _____
(If you compete in this division, you will not be considered for overall/age group awards.)

Anticipated Finish Time (hr/min): _____ T-shirt Size (S, M, L, XL): _____

INCOMPLETE APPLICATIONS WILL NOT BE PROCESSED. ONE APPLICATION PER ENTRY. NO REFUNDS, EXCHANGES, OR TRANSFERS.

The events will take place on November 19, 2011. There is no rain date. In the event of severely inclement weather, race officials may shorten, alter or cancel any portion of the events.