

YouandME Duo Duel 10k Relay

Saturday August 28, 2010, 9AM

Grab a teammate and Race the great city of Portland!!

BEFORE YOU COMPLETE THIS, PLEASE CONSIDER ON-LINE REGISTRATION

WE PURPOSELY DID NOT INCREASE THE ON-LINE FEE.

BY REGISTERING ON-LINE YOU'LL HELP US REACH OUR GOAL OF BEING AN ENVIRONMENTALLY-FRIENDLY, SUSTAINABLE ROAD RACE! THANK YOU.

***Packet Pickup:** August 27th, The Maine Running Company, 563 Forest Ave, Portland ME

***The Relay:** Two-person teams. Each runner runs the same 5k.

***Start/Handoff and Finish:** Commercial Ave and Maple Street, Portland Maine 04101

***Directions:** From South: 95N to Exit 44. 295N toward So. Portland. Exit 4 toward Portland/Waterfront. RT onto 1A/W Commercial Street. 1.4 miles to Maple.

From North: 95S to Exit 52. Merge onto Falmouth Spur. Take US1S exit toward I295S/Falmouth, slight right onto US1/Blue Star Memorial Hgwy, Slight RT onto Bucknam Rd, merge onto I295S. Merge onto US-1A via exit 7. Go 1.1 miles, take right onto Commercial Street. Travel approximately 1m to Maple.

***Entry Fee:** \$18 per runner (\$36 per team) before August 1 and \$22 per runner (\$44 per team) after August 1.

***Signatures** - Each runner must complete and sign an entry form.

***Amenities:** T-shirts to first 250 entrants, Chip Timing, Refreshments, Live Music, Awards

***Course:** Generally flat; one solid hill (because Mainers can handle it),

***More Info/On-line entry form:** DUODUEL.COM email: info@duoduel.com

-----MAIL BELOW PORTION WITH PAYMENT-----

Name: _____	M	F	Your age on Race Day: _____			
Address: _____	Email: _____					
TSHIRT SIZE (first 250 entrees receive tshirt):	XS	S	M	L	XL	XXL
YOUR TEAMMATE: _____	M	F				
Teammates's age on Race Day: _____						
IF ORGANIZATION DIVISION, LIST COMPANY/ORGANIZATION: _____						
Make Checks payable to: "You and Maine"						
Mail this form with Non-Refundable Check or Money Order (no cash please) to: <u>Duo Duel 10k, PO 10866, Portland, ME 04104</u>						

I know that running is a potentially hazardous activity. I should not enter or run this event unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release the City of Portland, the Mitchell Institute, race staff, all sponsors, their representatives and successors from all claims of liabilities of any kind, including any claims arising out of negligence of the aforementioned parties, arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recording, or any other record of this event for any legitimate purpose.

SIGNATURE _____ DATE _____

SIGNATURE _____ DATE _____

(Parent/Guardian if under 18)

