

# Rock N Trot Off Road Duathlon

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Age on race day \_\_\_\_\_ Date of Birth \_\_\_\_\_ Gender:  Male  Female  
Select one

Email \_\_\_\_\_ Phone \_\_\_\_\_

T-shirt Size  No Shirt  Adult Small  Adult Medium  Adult Large  Adult X-Large

Relay teams. Each Participant completes a form. Send them in together. Team Name (if applicable) \_\_\_\_\_

## Solo

- Select Event  \$25 - Until April 1  
 \$30 - After April 1  
 \$2.50 - Shirt

## Relay

- \$50/team - Until April 1  
 \$60/team - After April 1  
 \$2.50 - Shirt

Signature (Parent if Under 18) \_\_\_\_\_ Date \_\_\_\_\_

**RACE WAIVER:** I know that participating in this event is a potentially hazardous activity. I should not enter and participate unless I am medically able and properly trained. I assume all risks associated with participating in this race, including, but not limited to, falls, contact with other participants, the effects of the weather including high heat and humidity, inces on roads, traffic, and the conditions of the road, all such risks being known and appreciated by me. I will obey all traffic laws during the ride and yield to cars, other cyclists and pedestrians. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone for whom I am entitled to act, waive, release, and will hold harmless the OFF'N RUNNING, the City of Greensboro, the race organizer, all sponsors, and all the agents, employees, officers, directors and volunteers working for those entities from all claims and liabilities of any kind arising out of or related to my participation in this race. I grant the race organizers my permission to use any images taken of me in further publicity or advertising.