

4th ANNUAL

HEART OF THE POTOMAC VALLEY BIATHALON

Saturday August 13th, 2011

This event is a Swim / Run event sponsored by BARC (Brunswick Area Recreation Council)

LOCATION: Brunswick City Pool & Brunswick High School Cross Country Course
101 Cummings Drive, Brunswick, MD 21716

DIRECTORS: Lee Zumbach 301-834-8045 & Bob Ward 301-834-8215

RACES: (swim first / run after coming out of pool)

CATEGORY	SWIM	RUN
YOUTH 8-10 11-13	SWIM 50 METERS (2 pool lengths)	RUN ½ MILE
TEEN 14-16 17-19	SWIM 100 METERS (4 pool lengths)	RUN 1 MILE
ADULT 20-39 40-59 60+	SWIM 100 METERS (4 pool lengths)	RUN 1 MILE

TIME SCHEDULE:

Registration will open at 8 am at the pool.

1st pool heats will start at 9 am

Event will end by 11 am

Awards will be presented at the conclusion of the event no later than 11 am.

AWARDS: 1st & 2nd in each Category will be given a plaque. Age group medals will be given to the next 2 in each Category.

COST: Youth: \$12 Teen: \$15 Adult: \$20 (make check payable to BARC)

EVENT T-SHIRT: **Guaranteed to all who register by August 1st.** Others will get a shirt based on number available from supply at the event.

POST RACE REFRESHMENTS: Drinks, fruit and snacks to all participants

REST ROOMS AND CHANGING AREA PROVIDED

PARKING IN THE HIGH SCHOOL LOT NEXT TO THE POOL

RUN WILL TAKE PLACE ON THE HIGH SCHOOL CROSS COUNTRY COURSE

REGISTRATION: (mail to Lee Zumbach, 1019 Gristmill, Ct, Knoxville, MD 21758) Pre-entry by August 1st.

NAME: _____ MALE FEMALE

AGE ON DAY OF EVENT: _____

ADDRESS: STREET: _____

TOWN / STATE / ZIP : _____

CATEGORY ENTERED: (Please circle) YOUTH – TEEN – ADULT

T-SHIRT SIZE: Youth small Youth medium Youth large Adult small Adult medium Adult large Adult X large

WAIVER: Will need to be signed at start of the event.