

3<sup>RD</sup> Annual 2010  
 HEART OF THE POTOMAC VALLEY  
 SWIM / RUN BIATHLON  
 BRUNSWICK, MD 21716  
 'Conquer the Waves & Hills'



**Saturday August 14, 2010**

**Presented by BARC (Brunswick Area Recreation Council)**

**Directions:** 101 Cummings Drive. From Frederick take rt. 340 west. Take rt. 17 exit. Go east 2 miles to Brunswick High School parking lot.

**Registration:** 8:00 am – 8:45 am

**Start:** 9:00 am 1<sup>st</sup> heat (youth) other heats to follow

**Fee:** Award Event: Youth: (under 14) \$10 Teen: (14-17) \$12 Adult: (18 & over) \$15

**Fee:** Fun Event: Youth \$7 Teens & Adults \$10

**Where:** Brunswick City Pool and Brunswick High School Cross Country Course

**Distances:**

**AWARD EVENT**

GROUP	SWIM	RUN
YOUTH (u 14)	100 M 4 lengths	1 MILE
TEEN (14-17)	200 M 8 lengths	2 MILES
ADULTS (18 & over)	300 M 12 lengths	2 MILES

**FUN EVENT (no awards)**

GROUP	SWIM	RUN
YOUTH (u14)	50 M 2 lengths	1 MILE
TEEN (14-17) & ADULT (18 & over)	100 M 4 lengths	1.5 MILES

Awards: Plaque 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Male & Female in each division ( youth, teen, adult)

Age Group Medals based on group numbers

T-Shirts: All participants will be given an attractive Biathlon T-Shirt

Refreshments: Post event food & drink

Restrooms & Changing Room available

ATHLETE: \_\_\_\_\_ AGE: \_\_\_\_\_ GENDER: M F

ADDRESS: Street: \_\_\_\_\_ Town: \_\_\_\_\_ Zip: \_\_\_\_\_

PHONE #: \_\_\_\_\_ E-MAIL: \_\_\_\_\_ SHIRT SIZE: XL L M S

**CATEGORY: (CIRCLE) AWARD EVENT FUN ENENT MAKE CHECKS PAYABLE TO: BARC**

**MAIL TO: Lee Zumbach, 1019 Gristmill Ct, Knoxville, MD 21758 Phone: 301-834-8045**

WIVER: \_\_\_\_ Check here if the participants has a known medical condition about which we should be award. By my signature below, I acknowledge that there are inherent risks and dangers associated with recreation events and the Heart of the Potomac Valley Biathlon. Therefore, I hold the Board of Frederick County commissioners of Frederick County Maryland, their designated agents and the Brunswick Area Recreation Council, The City of Brunswick, The Frederick County Board of Education and the biathlon sponsors, harmless from all claims for injuries, damages, or loss which may result from my or my child's participation in this event.

ATHLETE'S SIGNATURE: ( PARENT IF UNDER 18): \_\_\_\_\_

**You can do pre-event registration or register the day of event. (take \$2 off fee if you pre-register by Aug. 10<sup>th</sup>)**