

2nd ANNUAL

HEART OF THE POTOMAC VALLEY BIATHLON

BRUNSWICK, MD 21716

“Conquer the Waves and Hills”

SWIM / RUN

Sunday August 9, 2009

Limited to 50 entrants

Take Rt. 340 west from Frederick. Take Rt. 17 exit. Go East 2 miles

Presented by BARC (Brunswick Area Recreation Council)

WHEN: Registration 8:00 am – 8:45 am : 1st swim heat 9:00 am

FEE: Youth : 8-12 \$10 Teen: 13-18 \$12 Adult: 19 & over \$15

WHERE: Brunswick City Pool / Brunswick High School Cross Country Course
101 Cummings Drive, Brunswick, MD 21716

CONTACT: Lee Zumbach 301-834-8045

EVENT ORDER: Swim first followed by run as you come out of the water. Run on Cross Country Course.

DISTANCES: Youth: Swim: 100 m Run: 1 mile
Teen: Swim: 200 m Run: 2 miles
Adult: Swim: 400 m Run: 3 miles

AWARDS GROUPS: YOUTH: 8-10 11-12 TEEN: 13-15 16-18
ADULT: 19,29 30,39 40,49 50,59 60 & OVER

AWARDS: TROPHY 1ST & 2ND YOUTH, TEEN, ADULT MALE / FEMALE
AGE GROUP MEDALS: 1ST & 2ND

T-SHIRTS: All participants will be given an attractive Biathlon t-shirt.

REFRESHMENTS: Post event food and drink provided.

RESTROOMS / CHANGE ROOM: Brunswick Pool

ATHLETE: _____ AGE: _____ GENDER: M F

ADDRESS: Street: _____ City: _____ Zip: _____

SHIRT SIZE: XL L M S

Make Checks Payable To: BARC

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

WAIVER: ____ Check here if the participant registered above has a known medical condition about which we should be aware. 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 biathlon sponsors, harmless from all claims for injuries, damages or loss which may result from my or my child's participation in this program.

ATHLETE'S SIGNATURE: (PARENT IF UNDER 18): _____