

**The Taconic Road Runners Club**

With the Carmel Recreation and Parks Department -James R. Gilchrist, CPRP, Director

Present the **32nd Annual**

**Run BIATHLON Swim**

**Sunday, August 2, 2009 at 8:45 AM**

**SYCAMORE PARK, Long Pond Road, Mahopac, NY**

**3 MILE RUN** followed by a **1/2 MILE SWIM**

**DIVISIONS: Individual and Team (One Runner, One Swimmer)**

**AWARDS: Top 3 Male and Female Overall, Ten-Year Age Groups, and Top 5 Teams**

**REGISTRATION**

Register by mail postmarked by July 27:

- TRRC Members \$20
- Non members \$25
- Team member (both members of team must register) \$18 each
- Make checks payable to **TRRC PO Box 711, Shrub Oak, NY 10588**
- **OR Register online at active.com**



**Race day registration (7:30-8:30): Individual entrant \$30 Team members \$20 each**

**Race Directors:** Karen Davies (914) 302-2082 [kldavies1@aol.com](mailto:kldavies1@aol.com) Ted Pernicano [tedscomp01@aol.com](mailto:tedscomp01@aol.com)

**Directions:** From Taconic State Parkway, take Rte. 6 East toward Mahopac for approx. 8 miles. You will pass the Jefferson Valley Mall, Somers Commons Mall, the town of Mahopac, and K-Mart/Key Foods on the right side. The road widens, and Valley Market/Citgo are on the left. Turn left onto Long Pond Rd./ Crane Rd. (green park sign on corner). Go 1.5 miles and bear left at fire station. Entrance to Sycamore Park is 0.2 mile past fire station on the left.

**BIATHLON Registration Form**

**NOTE:** Each member of a team must complete a form

**CHECK ONE:** Individual race, TRRC member \_\_\_\_\_ Individual race, non member \_\_\_\_\_ Team member \_\_\_\_\_

Name \_\_\_\_\_ Teammate's name (if applicable) \_\_\_\_\_

Circle: Male Female DOB \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ Age Race Day \_\_\_\_\_

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

Phone \_\_\_\_\_ E-mail \_\_\_\_\_ T-shirt: S M L XL

**IN CASE OF EMERGENCY CONTACT:** \_\_\_\_\_ **PHONE:** \_\_\_\_\_

I know that running a road race and swimming in open water are potentially hazardous activities. I should not participate 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 and/or swim. I assume all risks associated with running and swimming in this event including, but not limited to: falls, deep water, contact with other participants, the effects of the weather, including temperature and/or humidity, traffic and the conditions of the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Taconic Road Runners Club, Town of Carmel and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in the race and I will abide by this guideline.

Signature (Parent's or Guardian's if under 18) \_\_\_\_\_ Date \_\_\_\_\_

