

**The Taconic Road Runners Club**  
With the Carmel Recreation and Parks Department -James R. Gilchrist, CPRP, Director  
Present the **34th Annual**

# Run *BIATHLON* Swim

**Sunday, August 7, 2011 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 **August 1:**

- 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**



**Register online at [runner.org](http://runner.org) or [RaceIt.com](http://RaceIt.com)**

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

A portion of all registration fees goes to TRRC's "Hooked on Running" scholarship program.

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

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**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 \_\_\_\_\_