

Valleyfest Duathlon

Sunday, September 22, 2019, at 8:00 a.m.

Plantes Ferry Sports Complex/Centennial Trail

12308 E Upriver Drive, Spokane Valley, WA 99206

<https://valleyfest.org/duathlon/>

All run registrations after Monday, September 16, at 10:00 a.m.

will **NOT** receive an event t-shirt.

Event will be held rain or shine - No Refund

TIMED RACE: Starts at 8:00 AM [Across the Line Timing](#) is timing the event.

ENTRY FEE: \$30 if registered by September 16, 2019, includes t-shirt

\$50 for a team of two if registered by September 16, 2019, includes two t-shirts

DUATHLON COURSE: 5-Kilometer Run, 11 Mile Bike, 5 Kilometer Run

RUN: The duathlon race begins at the Plantes Ferry West Picnic Shelter.

Athletes run west past the Plantes Ferry obelisk to Island Trailhead. Runners continue over the Spokane River on the Denny Ashlock Bridge, then take a left, and turn around at about milepost 12 on the Centennial Trail for a 5K loop.

BIKE: The 11 mile bike course takes a right turn out of the Plantes Ferry west parking lot eastbound to the turnaround at Flora Rd (Skyview Elementary parking lot) and westbound to the turnaround at Farr Road. Then bikers return to Plantes Ferry transition area for the final running leg of the Duathlon.

RUN: The duathlon athletes finish the race by running 5K run loop as described above.

PARKING: Start and Finish at West Picnic Shelter. If west parking lot is full, go to parking off of Wellesley.

REGISTRATION: ONLINE: at Valleyfest.org (Visa or MasterCard accepted) **PHONE:** (509) 922-3299

MAIL: Attach check payable to: Valleyfest • P.O. Box 368 • Spokane Valley, WA 99037

All registrations after Monday, September 16, at 10:00 a.m. will **NOT** receive an event t-shirt.

AMENITIES: Timed Race, Each participant receives a goodie bag

PACKET PICKUP: Pick up race number at one of the following check in times:

Friday, September 20, 4:00 PM - 7:00 PM and Saturday, September 21, 10:00 AM - 2:00 PM

Fleet Feet, Spokane Valley - 13910 E Indiana Ave, Spokane Valley, WA 99216

Please print clearly. Individual Team of Two

First Name: _____ Birthdate: _____ Sex: Female or Male

Second Name: _____ Birthdate: _____ Sex: Female or Male

Address: _____ City, State: _____ Zip: _____

Phone: _____ E-mail: _____

Release and Waiver: I know that participating in the Valleyfest Duathlon is a potentially hazardous activity. I know I should not enter and participate unless I am medically able and properly trained. I also acknowledge and assume all risk associated with the possible contact with volunteers, spectators, walkers, bicycles, skateboards, other participants, and the like (i.e.; uneven pavement, rocks, water, tripping, falls, etc.) on the Centennial Trail and at Plantes Ferry. Knowing and appreciating these risks and in consideration of your acceptance of my entry, I hereby for myself, heirs, legal representatives, or anyone else claiming on my behalf, covenant not to sue, and waive, release and discharge Valleyfest, and/or the City of Spokane Valley, volunteers, and sponsors along with anyone else acting for or on behalf of the Valleyfest Duathlon from any and all claims of liability for death, personal injury or damage of any kind arising out of my participation. This Release and Waiver extends to all claims of every kind whatsoever, foreseen or unforeseen, known or unknown. I also hereby consent to permit and accept responsibility for emergency treatment in the event of injury or illness. Valleyfest suggests racers carry ID and any pertinent medical information with them at all times.

Individual/Runner Signature

Date

Cyclist Signature

Date

T-shirt size Runner: Adult Youth S M L XL Other: _____ T-shirt size Cyclist: Adult Youth S M L XL Other: _____

Signature of Parent/Guardian if Participant is under 18 – Must be 14 years old to participate Date

