

20th Annual



Sunday, August 1, 2010

Joint Base McGuire Dix Lakehurst
Highway 547, Lakehurst, NJ

3 mile run
20 mile bike
2 mile run



Open to teams & individuals age thirteen and older.

USA Triathlon sanctioned & officiated.

Check-in: 6:30 to 8 a.m.

Packet pick up and mandatory bike inspections.

Pre-race meeting: 8:15 a.m.

First wave starts: 8:30 a.m.

Awards: Cash awards for top three overall male & female and crystal for teams and individual age groups.

Free T-shirts for first 200 participants..

Important note:

Stringent security on the JB MDL installation grounds.

Mandatory photo ID

for all participants and guests.

Only US citizens permitted on JB MDL property.

No ID - No Race - No Exceptions

Arrive early for security inspection at entrance gate. Bring valid driver's license, registration and insurance cards.

No pets permitted.

Application:

[register on-line at www.raceforum.com/LTA](http://www.raceforum.com/LTA)

Or mail registration form to:

JB MDL Lakehurst

FSS Bldg. 123 Fitness

Highway 547 Lakehurst, NJ 08733

no later than July 27, 2010.

Same day registration available.

Last name: _____

First name: _____

Address: _____

Phone: _____

Gender: male female

Birthday _____ Age as of 12/31/10 _____

email address: _____

Shirt size: S M L XL XXL

All participants must show USA Triathlon membership card or pay \$10 fee on race day.

Entry fee	Pre-registration	Same Day
Civilian open and age group	\$55.00	\$60.00
Open civilian team	\$75.00	\$85.00
Active duty military	\$30.00	\$35.00
Active duty military team	\$45.00	\$50.00
Single Service Member	Free	Free

Team name: _____

Team division (check one): male team female team
 military team mixed team

Waiver & Release: I fully understand that doing a duathlon is a potentially dangerous activity. I should not enter and compete unless I am medically able and properly trained. I agree to abide by any decision of the race official relative to my ability to safely compete in the race. I assume all risks associated with competing in this event including but not limited to falls, contact with other participants, the effects of weather including high temperatures and/or humidity, traffic, conditions of the road. All such risks are being known and appreciated by me. Having read this waiver and knowing these facts and in the consideration of your accepting my entry. I, myself and anyone entitled to act on my behalf, waive and release the FSS at the JB MDL, the Federal government, the Department of Defense, Race Forum, USA Triathlon, their representatives or successors from any claims or liabilities of any kind arising out of my participation in this event though that liability may arise out of the negligence or carelessness on the part of the persons named in the waiver.

Signature _____ Date: _____

Parent/Guardian signature if under age 18.

USAT Member # _____

One day paid \$ _____

BIB # _____