



Du the Lakes Duathlon Presented by Syracuse Bicycle

Sunday April 25, 2010 - 8:00am
Green Lakes State Park
Fayetteville, New York

www.duthelakes.com

Schedule of Events

6:00am	Registration Opens
8:00am	First Wave Begins
10:30am	Awards Ceremony
11:00am	Course Closes

Course

Run 3 miles on a flat, fast course
Bike 20 miles
Run 3 miles – same run course above

Registration Fees**

\$55 Before March 1st
\$65 After March 1st & on race day
\$80 Per Relay Team (2 person)

Last Name: _____ First Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Daytime Phone: _____ Evening Phone: _____

Email: _____ USAT # _____

Gender: M / F Age on 12/31/2010: _____ Date of Birth: _____

T-shirt Size: S M L XL

Relay*: Y / N Name of Team: _____

Run Person: _____ Bike Person: _____

_____ YES! I would like to make an added donation to Syracuse Habitat for Humanity in the amount of \$_____. Please include it in my race fee registration.

* Relay team members must send their registration forms in together.

** If athlete is not a USAT member, please include \$10 for a one-day license for 18+ and \$5 for 17 and under.

Mail Checks to:

Du The Lakes Duathlon
c/o Kristen Roe
8220 Pembroke Drive
Manlius, NY 13104

