



Windermere Duet-thlon Couples Marathon Relay

May 19, 2012

Entry Form

908 N Howard St. Suite 101
Spokane WA 99201

The Windermere Duet-thlon is a two-person marathon relay with teams consisting of one male and one female. The couples may run in any order they choose but must effect an exchange at each relay point, essentially "leap-frogging" the course. The course is point-to-point with relay exchange points located at trailheads to the Centennial Trail. **Bus transportation will be provided to the relay points**, although teams may opt to use their own vehicle to "leap-frog" from point to point. The legs and exchange points are as follows:

- **Leg 1: 7.3 miles** from the marathon start to the Harvard Road Trailhead. This is the longest leg.
- **Leg 2: 6.5 miles** from the Harvard Road Trailhead to Mirabeau Park.
- **Leg 3: 6.4 miles** from Mirabeau Park to approximately 2/10 mile past the 20-mile mark (across from John Shields Park).
- **Leg 4: 6.0 miles** to the finish in Riverfront Park.

Award recognition will be given to the first couple overall to finish and the first two in twenty year age-group increments (Combined ages: <40, 40-59, 60-79, 80-99, 100-119, and 120+).

	Male Entrant	Female Entrant
Name		
Address (#, Street,Apt)		
City-State-Zip		
e-Mail		
Phone(s)		
Date of Birth		
T-Shirt (XS,S,M,L,XL,2XL)		

Postmarked on or before	Fees Per Couple
9/30/2011	\$130
12/31/2011	\$140
3/31/2012	\$150
5/15/2012	\$160
At Expo	\$175

Waiver and release: I know that running a road race is a potentially hazardous activity. I should not enter and run 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. I assume all risks associated with running in this event including but not limited to falls, contact with other participants, effects of the weather, including high heat and/or humidity, the conditions of the roads/trails and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive and release Windermere Marathon, llc., the City and County of Spokane, the City of Post Falls, the City of Spokane Valley, Washington State Parks Department, Road Runners Club of America, all sponsors and contributors, volunteers and their representatives 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 my permission to all of the foregoing to use photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. I also understand that my entry fee is nonrefundable. A parent or guardian must sign if entrant is under 18 years of age and parent or guardian, by so signing, certify that entrant has permission to complete this event and is in good physical condition. I authorize medical treatment deemed necessary by race officials for myself or my child. I understand that baby joggers or strollers and pets of any kind are not allowed in the race. I understand that the use of headphones is discouraged because they may impede my awareness of surrounding dangers and instructions from race officials and volunteers.

Male Signature: _____ Date _____ Female Signature: _____ Date _____

Minor's Parent/Gaurdian: _____ Date _____ Minor's Parent/Gaurdian: _____ Date _____