



Lebanon County Christian Ministries

250 South 7th Street
Lebanon, PA 17042
Phone: 717-272-4400
Website: www.lccm.us
Email: info@lccm.us

Providing Food, Clothing and Other
Emergency Services to Families in Need.

LCCM Duathlon

5K run - 14 mile bike - 5K run

Du-Molish Hunger

Saturday, May 1, 2010

Professional Timing Services by Pretzel City Sports

Race proceeds benefit Lebanon County Christian Ministries



SANCTIONED EVENT
www.usatriathlon.org

WHO: Runners and bikers of all ages. Walkers are also invited to participate in the fun run using the same course.

WHAT: This is a 5K run - 14 mile bike - 5K run duathlon.

WHERE: Participants may pre-register on **Active.com**, with application below OR register the day of the race. Registration takes place at the Cedar Crest High School on east side of the stadium beginning at 6:00 am. Volunteers will be on hand to assist you with parking instructions.

- **Early Packet Pick Up:** Friday, April 30th at Lebanon County Christian Ministries, 250 S. 7th St., Lebanon.

REMEMBER: Pin your number to your shirt **FRONT** leaving the bottom portion unpinned, OR use a race belt.

WHEN:

Saturday, May 1, 2010
6:00 am - Registration Opens
8:15 am - Registration & Transition Closes
8:30 am - Race Opens
11:00 am - Award Presentation

HOW: Participants may pre-register on **Active.com** or with application below by or before April 17, 2010. The fee for entries received **AFTER** April 17, 2010 will be increased by \$10. Technical Shirts are available for pre-registered entries and to post entries while shirts last.

QUESTIONS: For more race information go to **www.lccm.us** or contact the Race Director, David Funk at 717-273-4122 or email dfunk@funkconstruction.com.

ENTRY FEES:

- \$50 - Duathlon, USAT Member
- \$60 - Duathlon, Non-USAT Member
- \$50 - Two or Three Person Relay, USAT Member
- \$60 - Two or Three Person Relay, Non-USAT Member
- \$20 - 5K Fun Run

Add \$10 to each of the above fees for registration received after April 17, 2010. Each relay team member **MUST** register individually.

AWARDS:

All pre-registered participants receive a technical shirt. All finishers receive a water bottle. Awards will not be mailed. Overall Male and Female Champion and Overall Male and Female Master (40 plus years) Champion. Awards presented to top three (3) Male and Female finishers in each of the following age brackets: 19 & Under; 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-50, 60-64, 65 & Over. Top three relay teams and top three male and female fun run finishers.

DIRECTIONS:

Cedar Crest High School, 105 East Evergreen Road, Lebanon, PA 17042. Use the Evergreen Road Entrance Only.

- From the North or from Rt. 422 in Lebanon: take Rt. 72 South. Turn Left onto Rocherty Rd. (Sheetz gas station on left). Rocherty Rd becomes Evergreen Rd. Cedar Crest High School will be on the left.
- From the South or from Rt. 322 or Turnpike: take Rt. 72 North. Turn Right onto Rocherty Rd (Sheetz gas station on right). Rocherty Rd. becomes Evergreen Rd. Cedar Crest High School will be on the left.

No refunds will be made for any reason.

Bicycle Helmets Required

REGISTRATION: LCCM Duathlon Complete this portion. Detach and mail. See Entry Fees above for amount due. Add \$10 for registration after April 17th. Pre-registered participants receive a technical shirt. Please make checks payable to LCCM (earmarked Duathlon).

Circle One: Duathlon USAT / Duathlon Non-USAT / Relay USAT / Relay Non-USAT / Fun Run

Name _____ Address _____

City _____ State _____ Zip _____ Phone _____

Email Address _____ Age (on race day) _____ Male ___ Female ___

Date of Birth _____

Relay Team Name _____ USAT # (if member) _____

T-Shirt Size (circle one)
Adult: S M L XL XXL

WAIVER/RELEASE: I hereby waive all claims against the race director, race officials and volunteers, any and all sponsors including, but not limited to LCCM, Arthur Funk & Sons Inc., the Borough of Cornwall, the Townships of South Lebanon and North Cornwall and those in their employ, Lebanon County, and all their representatives and successors from any injury or liability I might suffer in this event. I attest that I am physically fit and prepared for this event. I assume all risks associated with running and biking in this event including, but not limited to: falls; contact with other participants; the effects of the weather, including high heat and/or humidity; and the condition of the road; all such risks being known and appreciated by me. I grant full permission for organizers to use my name and or pictures in legitimate accounts and promotions for this event.

Signature _____ Date _____
(Parent or Guardian's Signature if under 18 years of age)

Please Make Checks Payable to LCCM and mail to: 250 South 7th Street, Lebanon, PA 17042



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DUATHLON ATHLETE GUIDE

EVENT SUMMARY

This is a "ROAD" sprint Duathlon format: 5K Run - 14 mile Bike - 5K Run

This scenic course starts at Cedar Crest High School, 105 East Evergreen Road, Lebanon, PA 17042.

The run is on paved surfaces but is entirely off road. It follows the South Lebanon Township bike path to South Hills Park and back to the high school. The bike course is a single loop, rolling course through nearby farming communities, along the "South Mountain", through Iron Valley Golf Course and Historic Cornwall.

ENTRY FEES:

\$50 - Duathlon, USAT Member

\$60 - Duathlon, Non-USAT Member

\$50 - Two or Three Person Relay, USAT Member. Separate fee and registration required for each member of relay team.

\$60 - Two or Three Person Relay, Non-USAT Member. Separate fee and registration required for each member of relay team.

\$20 - 5K Fun Run

Add \$10 to each of the above fees for registration received after April 17, 2010.

To register, go to www.lccm.us and click on the **Duathlon Link** OR complete the attached Registration Form and mail it to LCCM along with your payment.

AWARDS

- Overall Male and Overall Female
- Overall Male and Overall Female Master (over 40 years of age)
- Male Age Groups (Top 3 in each group)
19 & under; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65 & over.
- Female Age Groups (Top 3 in each group)
19 & under; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65 & over.
- Top 3 Overall Relay Teams
- Overall Male and Overall Female Fun Run

AMENITIES

Technical Shirts to all pre-registered individuals and to post entries while shirts last.

Water Bottles for all Finishers.

USAT Sanctioned Event.

Professional timing by Pretzel City Sports of Reading with results posted on www.pretzelsitysports.com within 24-48 hours.

There will be 3 Splits: Run One; Bike (including both transitions); and Run Two.

DIRECTIONS: Cedar Crest High School, 105 East Evergreen Road, Lebanon, PA 17042.

The State Drive entrance to the school will be closed; so use the Evergreen Road entrance only.

- From the North or from Rt. 422 in Lebanon: take Rt. 72 South. Turn Left onto Rocherty Rd. (Sheetz gas station on left). Rocherty Rd becomes Evergreen Rd. Cedar Crest High School will be on the left.
- From the South or from Rt. 322 or Turnpike: take Rt. 72 North. Turn Right onto Rocherty Rd (Sheetz gas station on right). Rocherty Rd. becomes Evergreen Rd. Cedar Crest High School will be on the left.

GENERAL REQUIREMENTS & ITINERARY

To participate, bicycles must be in good condition; working brakes, bar end plugs, and HELMETS are REQUIRED. A bicycle mechanic will be at race site for last minute adjustments.

USAT rules will be enforced. No Drafting. USAT most commonly violated rules can be found online at www.lccm.us; click on the **Duathlon link**.

All participants must sign a USAT Waiver at race registration. USAT members must present their USAT cards along with a photo ID.

Only participating athletes can enter the transition area. Bib and bike numbers will be checked to see that they match before athletes can leave the transition area with their bikes after the race.

- 6:00 am - 8:00 am: Race Registration. Transition area opens. Body Marking. Bike and Helmet Inspections.
- 8:00 am: Mandatory Pre-Race Meeting. Registration Closed.
- 8:20 am:: National Anthem
- 8:30 am: Race Opens
- 11:00 am: Post Race Party & Awards. **Awards will not be mailed.**
- 11:00 am: Transition Area Closed.

RUN COURSE

The run is 5K and is mostly on a paved biking path starting from Cedar Crest High School, proceeding the South Hills Park. At the park, there is a single loop around a portion of the park then returning to the high school campus on the same bike path. The course is fast with some very moderate hills. The run is the same on both legs with the first run ending in the transition area and the second finishing with a glorious 3/4 lap around the high school's all weather track.

BIKE COURSE

This is an open course. Roads will not be closed to traffic. Stay to the right and do not cross the center line. The bike course is 14 miles long on rolling country roads. There is one significant hill midway through the ride going through Iron Valley Golf Course. The last 3 miles will be flat and fast so put the hammer down on the way back to the school. For a Course Map, go to www.lccm.us and click on the **Duathlon link**.

- Leave the transition area and exit the school property by turning Left onto State Drive
- Right - Linden Road
- Right - Fonderwhite Road
- Right - Rexmont Road
- Left - Iron Valley Drive
- Right - Boyd Street (shown as Granite on Google Maps)
- Straight - onto Cornwall Road
- Right - Rocherty Road (later becomes Evergreen Road)
- Left - into Cedar Crest High School and follow the cones to the transition area.

ATHLETE GUIDE

An Athlete Guide will be emailed (to pre-registered participants only) one week prior to the event.

REFUND POLICY

Absolutely NO REFUNDS will be made for any reasons. Referred to as "Entry Fees" above and includes entry fees, participant shirts, any other amenities. Insurance and online administrative fees. Must be present to receive any items as leftovers are distributed on day of race. We do not ship. Entry fees cannot be transferred to other persons. There is NO RAIN DATE for this event. In cases of inclement weather, natural disaster, acts of God, acts of war or other unforeseen, extraordinary circumstances, management reserves the right to cancel the event and/or modify the race course for safety concerns. Under such circumstances, there will be absolutely no refunds.