

BAYOU COUNTRY CYCLISTS & BAYOU RUNNERS ASSOCIATION



WITH
Michelob **ULTRA**
PROUDLY PRESENT
**2ND ANNUAL ACADIAN "COURIR-VELO-COURIR"
DUATHLON & 2 MILE RUN**
SEPT. 25, 2010 HOUMA CIVIC CENTER



Start Time: 7:30 AM **Race Day Registration:** 6:00 AM (Check website for event map)

Course Location: Houma Civic Center, 346 Civic Center Blvd, Houma, Louisiana (Indoor bathrooms, parking and large transition area with bike racking). Race course can be viewed on website.

Distance: The duathlon is a 2-mile run followed by a 10-mile bike followed by a 2 mile run. The individual 2-mile Run is part of the first duathlon leg (out & back).

Entry Fee: Fee includes shirt, refreshments, beer and great door prizes. Register on-line at www.active.com or www.trifind.com or by mail. ALL duathletes must wear a bike helmet!

Duathlon	\$25.00	\$30.00
Duathlon Relay	\$45.00 per team	\$55.00
2 Mile Run	\$20.00	\$25.00

**The Duathlon Relay consists of 1 biker and 1 runner. Duathlon and Relay field limited to 350 bikes for safety reasons.*

Race Packets: May be picked up Friday, September 24, 2010 from 6:30 PM-8:00 PM @ Civic Center.

Shirts: All pre-registered participants will receive a commemorative dry fit shirt. All race day registrants will receive a shirt on a first come first served basis until gone. **Pre-registration closes September 7, 2010.**

Awards: Top 3 Overall (M & F)-2 deep in ten-year groups through 70+ (M & F). Top 3 relay teams (M, F & Mixed) will get awards. First 3 places for 2-miler (M & F) and 1 deep in ten-year groups through 70+ (M & F).

Results: Posted on website at www.bayourunners.com and www.bccbike.org Timing is total time ONLY.

Prizes: Prizes will be raffled (by bib number) after the race. You must be present to win.

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PLEASE PRINT CLEARLY (Relay Partners must fill out separate forms)

Name: _____

Address: _____

City: _____ **State:** _____ **Zip:** _____ **Phone:** () _____

Age: _____ **Sex:** M or F **Email:** _____

Shirt Size: Small Medium Large Extra Large

Choose Event: Duathlon 2 Mile Run Duathlon Relay

Relay Partner (if applicable) _____

Waiver:

In Consideration of the acceptance of my application for this event, I hereby discharge any and all rights and claims of personal injury or property damage I may have against said club (s) or any of its officers or agents, while participating in any activity sponsored by said club(s). If completing and submitting entry on-line via www.active.com www.trifind.com or other, waiver is considered accepted by entrant by paying event fee.

DATE _____ SIGNATURE _____
(Entrant OR Parent or guardian for entrants under 18 must sign waiver)

For entry send your completed form and **non-refundable fee** made out to

**Bayou Country Cyclists, Inc.,
P.O. Box 2613,
Houma, La. 70361**

or call for additional information
**Chris Johnson
Bayou Runners Association
985-232-5384**

NEW FOR 2010

-New, faster bike course

-Expanded Awards

**PLEASE CHECK www.bccbike.org AFTER SUBMITTING ENTRY TO CONFIRM
YOUR NAME APPEARS! NO NAME, NO ENTRY!!!!**