



## Sponsors



All Events at Indian Trails Campground

Packet Pick up and Day of Registration:  
Friday 4pm to 8pm Sat. 6am to 7:30am

Adult Duathlon 8:00am Wave Start  
2mile Run / 20 mile Bike / 2 mile Run

Kids Duathlon 11:00am start by ages  
Distance based on age—see inside for  
specific distances. Awards to ALL KIDS.

RACC, (Day at the Races Duathlon)  
W227 N937 Westmound Dr.  
Waukesha, WI 53186  
262-719-4174  
Jenny.braun@raccfund.org

### MAIL ENTRY FORMS TO:

## Adult and Kids Races



*(2 mile Run / 20 mile  
Bike / 2 mile Run)*  
Pardeeville, WI  
8:00 am *START*  
**AUGUST 29th**

### Proceeds Benefit



**Entry Includes a goodie bag,  
Indian Trails Duathlon Tee  
Shirt, Water, and post race  
food. Awards to top 5 in  
each category.**

**Register at [www.active.com](http://www.active.com)**

# A Day at the Races Duathlon!

## LOCATION

Indian Trails Campground  
W6445 Haynes Road  
Pardeeville, WI 53954  
(608) 429—3244  
www.indiantrailscampground.com

## SCHEDULE OF EVENTS

ALL REGISTRATION AND PACKET PICKUP  
IS AT INDIAN TRAILS CAMPGROUND

Packet Pick Up and Registration Hours:

Friday Aug. 28th 4:00pm to 8:00pm  
Sat. Aug. 29th 6:00am to 7:30am

**Adult Duathlon Wave START: 8:00am**

**Kids Duathlon Start: 11:00am**

**Ages :**

3 to 4 yrs	50y / 300y / 50y
5 to 6 yrs	300y / .5 mile / 300y
7 to 10 yrs	.3 mile / 1 mile / .3 mile
11 to 12 yrs	.5 mile / 2 mile / .5 mile

## **ABOUT**



The RACC was founded on 9/9/2007 with the following Mission:

USE THE PASSION AND COMPETITIVE SPIRIT OF RACERS TO RAISE MONEY FOR RESEARCH AND THE FIGHT TO DEFEAT CHILDHOOD CANCER. RACC is a 501 c (3) Charitable Org.

## Age Groups—Men's and Woman's

### Zero to 15 Years Old

16 to 19	20 to 24	25 to 29
30 to 34	35 to 39	40 to 44
45 to 49	50 to 54	55 to 59
60 and Older		

## Awards

The top three overall finishers for both the Men and Women will receive overall awards. These athletes are excluded from Age Group awards.

The Top 5 Finishers in each age group for both Men and Women will receive medals. ALL KIDS WILL RECEIVE AWARDS.

Course Description.—Run Course is an out and back trail run on Hard packed gravel around Indian Trails Campground. The Bike course is a rolling hills course on the country roads of Pardeeville. Transition is in the Campground

## Timing and Results

The Adult Duathlon will be computer timed and results posted on the RACC web site. The kids events will be hand timed.

## Day at the Races Duathlon—Aug. 29th

Age on Race Day: \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

- Entry Fee Before August 1st, 2009 \$40.00  
 Entry Fee After August 1st, 2009 \$50.00  
 KIDS Duathlon Entry Fee \$15.00  
 Donation Directly for Racers Against Childhood Cancer

TOTAL \_\_\_\_\_

**Adult Shirt Size: S M L XL XXL**

**Kid's Shirt Size: S M L XL**

Name \_\_\_\_\_

Address \_\_\_\_\_

**EMAIL: Required 4 Updates**

Phone \_\_\_\_\_

Method of Payment

- Check—Payable to RACC  
 Visa  
 MasterCard

Credit Card # \_\_\_\_\_ Exp. date \_\_\_\_\_

Signature \_\_\_\_\_

**B-DAY (MM/DD/YY) \_\_\_\_\_ REQUIRED**

## MAIL ENTRY FORMS TO:

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**W227 N937 Westmound Dr.**  
**Waukesha, WI 53186**  
**262-719-4174**  
**Jenny.braun@raccfund.org**  
**Race Director**  
**Cole Braun**  
**Cell Phone: 262-751-5636**  
**Email: cole.braun@raccfund.org**