

5.15.2010 • Pocatello ID

run • bike • duathlon • festival



Run 5K & 10K



Bike 30K



Duathlon 35K



**5K and 10K
Run Race**



**35K
Duathlon Race**



**30K
Road Bike Race**



**FREE
Kids Run & Bike Races**



Barrie's FREE Spaghetti Check-In Party

Schedule

Friday 5:00-7:00pm

Barries Ski and Sports FREE

Spaghetti and Check-In Party

Saturday 8-8:45am

Late check in at Centennial Park

8:00am

Booths, music, du transition open

9:00am / 9:15am

The Bank of Commerce FREE

Kids bike / Kids run races start

9:30am

Peak Hydration Duathlon start

9:40am

Gold's Gym Bike start

9:50am

Portneuf Medical Center Run start

Location and course (map available online)

Centennial Park is the place for late check in, start/finish line, duathlon transition, and booths. Park at Rainey Park/Pocatello Community Charter School at 995 S. Arthur, Pocatello, ID then walk across the pedestrian bridge over the Portneuf River. No parking at Centennial Park, Grant Street, or City Creek Trailhead for the safety of participants.

Courses: 5K run flat and rolling hill loop (10K = 2 loops) on roads and Portneuf Greenway along the Portneuf River. 30K bike course is an out-and-back to the Mink Creek recreation area and includes a low incline climb with a 597' vertical gain. The duathlon is a bike, then run format. For kids ages 2 to 10, run within the park (0.3-0.6 miles), or bike (0.55-1.0 miles).

Call 866-8-ECO-FUN • Register online at www.EnduranceFestival.com

Please write legibly

Endurance Festival Registration, Medical and Waiver Form

Register online at www.EnduranceFestival.com or mail in this form

Name _____ Birthday _____ / _____ / _____
 M / F E-mail _____ @ _____
 Parents/Guardians Name (if minor participating) _____
 Cell (____) _____ - _____ Home (____) _____ - _____ Work (____) _____ - _____
 Address _____
 City _____ State _____ Zip _____

May 15, 2010 in Pocatello, Idaho
Registration includes a drawstring backpack and water bottle

Please make check payable to Endurance Festival.

- Add late fee (add \$5 less than 30 days, add \$10 less than 2 days prior to event)
- Portneuf Medical Center Run: 5K \$29, 10K \$35
- Gold's Gym Road cycling: 30K \$35
- Peak Hydration Road Duathlon: Sprint 35K \$45
- The Bank of Commerce FREE Kids (ages 2-10) Run free, Bike free
- EF Gear, pictures/info at www.EnduranceFestival.com
- Endurance Festival Shirt - \$12.99, Size: S M, L, XL
- Endurance Festival Youth Shirt - \$11.99, Size:, YS, YM, YL
- Peak Packs Hydration Pack - 0.5L \$25.99, 1.0L \$29.99
- Runner Peak Mile Stones Necklace - \$14.99, Backside: Heart
- Cyclist Peak Mile Stones Necklace - \$14.99, Backside: Heart
- Duathlon Peak Mile Stones Necklace - \$14.99, Back: Heart, Blank

Mail to: Mike Welch, Endurance Festival, 5050 Johnny Creek Road, Pocatello, ID 83204

Must be completed by a parent or guardian if participant under 18

In the event of a medical emergency, I hereby grant permission to any physician, hospital personnel, or event staff designated by the Endurance Festival (a Peak Inspiration event) to attend to me or my child.

I, the undersigned, understand that there are risks associated in strenuous physical exertion with this event. In consideration of the right to participate in any Endurance Festival event, I hereby assume all risks with this event and waive, release, and discharge any and all claims for damages, personal injury of any kind which may hereafter occur to me, my child, or to any other person as a result of participation in this event. This waiver and release shall be binding on my heirs and assigns, and shall run in favor of the Endurance Festival, its staff, Mike Welch, all host locations, and all others connected with this event. I also grant permission for use of any photographs and/or video taken of me or my child during the event for display, publication in print or electronic media, advertising, promotion, or other commercial use by the Endurance Festival, Peak Inspiration, or any other Mike Welch properties.

There are no refunds. Credit towards a future event will be made if requested in writing at least 14 days prior to the event. Event fees are transferable to another person, if requested in writing at least 7 days in advance. Your canceled check will serve as your receipt.

_____/_____/_____
 Participant or parent/guardian (if participant under 18) signature Date

Emergency contact _____ Phone (____) _____ - _____

Health information for camp and medical staff (list medications, asthma, diabetes, allergies, injuries, heart or other) _____



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