



2nd Annual
San Diego Duathlon
 Presented by
 RAMM Sports Productions
 and Elite Sports Ventura County
 Sunday, November 13, 2011
 7:30 am
 1.5mi/20km/2.5mi

RAMM Sports and Elite Sports VC present a fast, fun, and well-organized Duathlon. The event is limited to 300 participants and we expect it to fill early. This year's purse totals \$1000 in value and awards are made of real precious metals for overall open and age group winners!

RACE DETAILS

We will provide full chip timing by Synergy Race Timing. All competitors receive a quality T-shirt and post-race refreshments.

COURSE DESCRIPTION

An accurate and fast 1.5mi/20km/2.5mi run-bike-run format located at South Shores Park and Fiesta Island in Mission Bay, San Diego. See website for course maps. **The course is a closed course! There are no intersections or cars on the course!**

COURSE RULES

Our event will be USAT sanctioned once again this year. All USAT rules apply! Entrant is responsible for reviewing rules and course information on website. Entrants must sign a general and USAT waiver.

CHECK IN

Mandatory Race Check-in Sat. Nov. 12
 Will be at Bike Empire from 10am - 3pm
 13355 Midland Rd. Poway, CA 92064
 Ph: 858-679-0306

THERE WILL BE NO RACE DAY PACKET PICK-UP (except for zip codes outside SD metro)

REGISTRATION

Online: Register at
www.sandiegoduathlon.com

Mail: Mail entry and check payable to San Diego Duathlon c/o RAMM Sports, P.O. Box 75, Poway, CA 92074.



ENTRY FEES

Early bird until Aug. 31st	\$55
Sept. 1 - Oct. 31	\$65
Nov. 1 - Nov. 09	\$75
Late registration	\$85
Relay team of 3	\$75

*Non-USAT members must buy 1-day insurance for \$10. Members must bring valid USAT card and all entrants must have a valid ID card to check-in Nov. 12.

DISCOUNTS

A \$5 discount is available to Active Military, Team Club Members, students 19 & under, and Seniors 60+. Discount valid only with mail-in registration.

AWARDS

Open M & F:

1st: pure (.999) Gold Medal
 2nd: pure (.999) 3 oz Silver Bar
 3rd: pure (.999) 2 oz Silver Rounds
 ***Plus top 3 finishers return free in 2012! (Note: Open division not eligible for age-group awards)

Age Group M & F:

Medals 3 deep for each age-group category, military and clydesdale.
 ***Top 3 age-groupers overall receive pure silver medals

Awards presentation starts at 9 am!

REFUNDS

Full refund to Oct. 1, 50% refund Oct. 1 - Nov. 1 (less \$15 process fee)
 No refund after Nov. 1.

PRIZES

Keep your bib numbers! Random prizes from Terramoto, Speed Boat Adventures, Bike Empire, and pure silver coins will be given away during awards presentations!

POST-RACE PARTY

Gatorade, water, fruit, pretzels and bagels/muffins will be available. Live music by John Cincotta.

WEATHER

November is mild in San Diego. Last year we had perfect conditions for racing. Temps ranged from 60-70 deg by race finish and sunny skies.

ADDITIONAL INFORMATION

Contact Roger Drews at
roger@sandiegoduathlon.com



San Diego Duathlon (Please print and fill out form completely)
 Entry Form Mail entry & check payable to: San Diego Duathlon, P.O. Box 75, Poway, CA 92074

 FIRST NAME LAST NAME

 AGE (as of race day) USAT # GENDER PHONE NUMBER

 ADDRESS

 CITY STATE ZIP

 EMAIL ADDRESS

 RELAY TEAM NAME Your 2 teammates

Race Category
 _____ AGE DIVISION (age on 12/31/11)
 (15-19, 20-24, 25-29, 30-34, 35-39, 40-44,
 45-49, 50-54, 55-59, 60+)

OR circle your division:
 Open
 Military
 Relay
 Clydesdale (M - 200lbs / F - 150lbs)

Entry Fee (see above) \$ _____
 USAT 1-day insurance \$ _____
 Less Discount \$ _____
 Total Enclosed \$ _____

T-SHIRT SIZE (Circle) S M L XL