

8th Annual "Iron Horse" Duathlon and 5K

Saturday, May 23rd, 2009
7:30 am, Downtown Parsons, KS

The Course:

The course is flat and fast. The Duathlon will consist of a 5K run, 20-mile bike and finish with a 5K run. The bike portion will proceed west on Main towards the old Hwy 400, parallel to the new super highway 400. The entire course is pavement, and well marked. Although the course is open to traffic, Parsons City Police and Fire personnel along with race volunteers will be stationed at the course turns and intersections. All participants should be observant and careful as usual.

Rules:

1. An entrant may not transfer his/her entry.
2. All bike participants are required to wear a helmet.
3. Two Person Team participants, one person is the designated runner, the other is the biker.
4. Participants are required to have their race number visible at all times.
5. Once the event has begun, only bikers are allowed in the bike staging area.

Awards:

Plaques for First place Male and Female in both races. Custom Medals will also be awarded in the following age groups for men and women: 0-10, 10-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60+

Awards presentation will take place immediately following each of the two events. Results will be posed on www.sekrr.org.

Runners Comforts

Water will be furnished before, during and after the race. Fruit and other snacks will be provided for entrants after the race. Showers will be available at the Parsons Recreation Center and the LCC Gym after the race.

Iron Horse Duathlon & 5K
c/o Wayne Gilmore
501 Main Street
Parsons, Kansas 67357

8th Annual "Iron Horse" Duathlon & 5K Run



Saturday, May 23rd, 2009
7:30 AM
Downtown Parsons, KS

www.katydays.com/duathlon

IRON HORSE REGISTRATION FORM

(One person per entry form. If competing as a team, please fill out entry form per person. Photocopies acceptable.)

Name (Last, First) _____

Street _____

City _____ State _____ Zip _____

Age on Race Day _____ Sex: Male Female DOB _____

Phone (____) _____ - _____ e-mail _____

Race Entered

Duathlon 2 Person Duathlon Team 5K Run

Shirt Selection

Small Medium Large XL XXL

Entry Fee

Early Registration – entries received by May 19th
 Duathlon\$25 5K.....\$12 Team.....\$30

Race Day Registration – entries received after May 19th
 Duathlon\$30 5K.....\$15 Team.....\$32

Total enclosed (checks payable to Katy Days) \$ _____
 Mail to Iron Horse Duathlon & 5K, c/o Wayne Gilmore, 501 Main, Parsons, Kansas 67357

Waiver of Liability

I know that running a road race is a potentially hazardous activity. I know that I should not enter & run unless I am medically able and properly trained. Knowing these facts, & in consideration of your accepting my entry, I hereby for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue, and waive and release and discharge any and all race sponsors, officials, volunteers, local and state police including any and all of their agents, employees assigns or anyone acting for or on their behalf from any and all claims or liability for death, personal injury, property damage of any kind or nature whatsoever, foreseen or unforeseen, known or unknown. Applications for minors accepted ONLY with a parent or guardian's signature.

Signature _____ Date _____
 Signature _____ Date _____
 Parent or Guardian's signature If under 18 yrs.

Registration:

To receive the early registration discount, entry form and payment needs to be received by May 19th.

Race Day registration **IS AVAILABLE**.

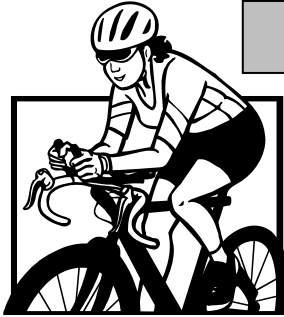
Saturday morning packet pickup and registration will begin at 6:30 AM and stop at 7:20 AM.

Early Registration – entries received by May 19th
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Race Day Registration – entries received after May 19th
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Send completed forms to:
 Iron Horse Duathlon & 5K
 c/o Wayne Gilmore
 501 Main Street
 Parsons, Kansas 67357

Directions:



Parsons is located in SE Kansas just off Hwy 400. There are five exits off 400 to Parsons (the exits are on the North side of Parsons, roughly one mile from Main Street). The Iron Horse Duathlon and 5K Run will start and end at the Commercial Bank parking lot at the corner of Central and Main Streets on the west side of

downtown Parsons.

Parking:

There will be ample parking in the area around the race. There will also be plenty of area for spectators to watch near the transition area.

Lodging:

This event is held in conjunction with Katy Days, the annual festival celebrating the Railroad Heritage of Parsons. If you are from out of town, please keep this in mind and try to book your hotels early. Area hotels include:

- Sleep Inn and Suites, Parsons(620) 421-6126
- Best Western, Parsons(620) 423-0303
- Guest House – Canterbury Inn, Parsons.....(620) 421-5000
- Land of Ah's Motor Inn, Erie (15 miles N).....(620) 244-5231
- Parsonian Hotel, Parsons(620) 421-4400
- Super 8, Parsons(620) 421-8000
- Townsmen Motel, Parsons(620) 421-6990

For any other questions about Parsons and the surrounding area, feel free to contact the Parsons Area Chamber of Commerce at (620) 421-6500 or chamber@parsonschamber.org or www.parsonschamber.org

Questions before Race Day:

If you have any questions about the event, please feel free to contact the race director, Wayne Gilmore, at odrunr@gmail.com or (620) 421-2330.

Race Day Misc:

Walkers are WELCOME! Pets are not. Runners may wear headphones, bikers cannot. On race day the west half of Central will be closed from Washington Street to Main Street, and the most northern lane of Main Street will be closed from Central to 21st Street.

The race will go rain or shine, only lightning or severe weather will cancel the race. There will be no refunds. The information line on race day will be (620) 423-9674.

The Iron Horse Duathlon and 5K Run is an official SEKRR Series event.

