

Hartley Drive Family YMCA

Terry's Challenge

Duathlon & 5K Run

Saturday, August 15, 2009

Event Address:

Ledford Senior High School

140 Jesse Green Rd.

Thomasville, NC 27360



Mail registrations to:

Hartley Drive Family YMCA

150 West Hartley Drive

High Point, NC 27265

336-869-0151

www.hpymca.org

Registration is limited to the first 300 entrants. Please register as soon as possible.

Saturday, August 15, 2009

Ledford High School

Schedule of Events:

- 7:00-7:45 a.m. Race-Day Registration
8:00 a.m. Start of Duathlon & 5K Run
9:30 a.m. Awards Ceremony

Entry Fees:

- \$30 Duathlon Individual
\$50 Duathlon Team
\$20 5K Run Individual

Late Fees: (after Sunday, August 9, 2009)

\$5 Individual, \$10 Team

Packet Pick-up:

- Friday, August 14 from 6 p.m. to 8 p.m. at Hartley Drive Family YMCA
- Saturday, August 15 from 7 a.m. to 7:45 a.m. at Ledford High School

T-shirts:

The first 175 participants registered will receive a t-shirt on or before race day.

Please note: No one under the age of 14 is allowed to ride in the bicycle segment of this event without parent or guardian. Interested persons under 14 may form the running half of a duathlon team if the cycling member is 14 or older. The YMCA does not carry participant insurance for members or program participants. It is anticipated that all individuals will carry their own medical insurance.

DRAFTING IS NOT ALLOWED AND WILL RESULT IN TIME PENALTIES OR DISQUALIFICATION.

HELMETS ARE REQUIRED ON THE BIKE COURSE.

DUATHLON INFORMATION

5 K Run/40 K Bike Event

Participants complete a 5K (3.1 miles) run and a 40 K bike loop. The event begins and ends at Ledford Senior High School and takes participants over some of Davidson County's most scenic roads.

AGE CATEGORIES

12-14	15-19	20-24	25-29
30-34	35-39	40-44	45-49
50-54	55-59	60-64	65-69

70 and over

CLYDESDALE & ATHENA DIVISIONS

Clydesdale = males over 200 pounds

Athena = females over 150 pounds

TEAM ENTRIES

Female-Female Female-Male Male-Male

If entering as a team, a signed entry form must be submitted by each person. Make check or money order payable to YMCA. Entries must be received by Sunday, August 9, 2009.

5K RUN INFORMATION

Participants complete a 5K (3.1 miles) run along with Duathlon participants. The event begins and ends at Ledford Senior High School. The out-and-back course is fairly flat with a few slight hills. There is a water station at the turn-around point.

AWARD CATEGORIES

Female Overall 1st, 2nd, 3rd

Male Overall 1st, 2nd, 3rd

Route Information

Run Start at

LEDFORD SENIOR HIGH SCHOOL

- From Ledford Senior High School, run North on John Green Road
- Turn RIGHT on Shady Grove Church Road
- Look for the u-turn before circle drive at Shady Grove United Methodist Church

Transition/Bike Start at

LEDFORD SENIOR HIGH SCHOOL

- From Ledford Senior High School, turn left on John Green Road
- Turn LEFT on Friendship Ledford Road
- Turn RIGHT on Old Greensboro Road
- Turn RIGHT on Yokley Road
- Turn RIGHT on Ridge Road
- Turn RIGHT on Midway School Road
- Turn LEFT on Norman Shoaf Road
- Turn RIGHT on Gum Tree Road
- Turn RIGHT on Friendship Ledford Road
- Turn LEFT on John Green Road
- End at **LEDFORD SENIOR HIGH SCHOOL**



Terry's Challenge is an annual event commemorating the life of Terry Page, a long time staff person of the YMCA of Greater High Point. Before coming to Central Family YMCA in April of 1998 as Senior Program Director, Terry worked evenings and weekends as a group exercise instructor and building supervisor. Terry also served many years as the Assistant Director of Residential Services with the Guilford County Mental Illness Treatment Center working with troubled teens.

In 1998, Terry began planning a fitness challenge for our members. After his death in 1999, YMCA volunteers and staff created the Terry's Challenge Duathlon in his memory.

Name _____

Address _____

E-mail address _____

Phone number (_____) _____

Age on Race Day _____ Date of Birth _____

Sex _____

T-shirt Size: _ Medium _ Large
 _ X-Large _ XX-Large

I am entering: _ Individual Duathlon
 _ Athena (females 150 pounds +)
 _ Clydesdale (males 200 pounds +)
 _ Team Duathlon
 _ Female-Female
 _ Female-Male
 _ Male-Male

Partners name: _____

(required for team registration)

_____ Individual 5K

"In consideration of being permitted to utilize the facilities, services and programs of the YMCA for any purpose including, but not limited to, observation or use of the facilities or equipment, or participation in any off-site programs affiliated with the YMCA, the undersigned for himself, herself and any personal representatives, executors and administrators, WAIVE, RELEASE, DISCHARGE AND COVENANT NOT TO SUE the High Point YMCA, their directors, officers, employers and their agents for any and all injuries and other damages which he/she may suffer in connection with his/her participation in the program or any other activities."

Signature _____

(Signature of Parent or Guardian if under age 18)