

Date: Sunday, May 27, 2018
Place: Transportation Depot
100 Broadway Terrace,
Hot Springs, AR

Directions to Registration:

Starting at Central Avenue (Hwy 7) and Grand Avenue (Hwy 70B) take Grand Avenue East to North (left) at Broadway to Transportation Depot on right.

DU FOR THE PARKS Course Distance:

2MR/12MB/2MR

Arkansas State Duathlon Championship

1st place Male/Female

DU FOR THE PARKS Awards:

- 1st-3rd place Overall Male/Female
- 1st-3rd place Overall Male/Female Masters
- 1st-3rd place Overall Male/Female Grand Masters
- 1st-3rd place Overall Male/Female Seniors
- 1st-3rd place Physically Challenged Male/Female
- 1st-3rd place Overall Clydesdale/Athena
- 1st-3rd place Overall 40+ Clydesdale/Athena
- 1st-3rd place Overall Male/Female/Mixed relay teams
- 1st-3rd place Finishers for Male/Female in age group categories: 7-9, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85+

DU IT 2 IT Course Distance:

2MR/12MB/2MR/12MB/2MR

DU IT 2 IT Awards:

- 1st-3rd place Overall Male/Female
- 1st-3rd place Overall Male/Female Masters
- 1st-3rd place Overall Male/Female Grand Masters
- 1st-3rd place Overall Male/Female Seniors
- 1st-3rd place Overall Male/Female/Mixed relay teams
- 1st-3rd place Finishers for Male/Female in age group categories: 7-9, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85+

KID DU Course Distance:

.25 MR/ .5 MB/ .25 MR

KID DU Awards:

- 1st-3rd place overall Male/Female
- 1st-3rd place Finishers for Male/Female in age group categories: 5-6, 7-8, 9-10, 11-12

HELMETS REQUIRED FOR BICYCLE PORTION

Welcome to the City of Hot Springs



Commitment to Community Parks:

All proceeds will benefit the
development of the Hot Springs Creek
Greenway Trail

SCHEDULE OF EVENTS

Saturday, May 26, 2018

3:30 pm- 5:30 pm Packet pick-up and registration
at Hotel Hot Springs.

Sunday, May 27, 2018

6:30 am- 7:30 am Chip pick-up and late
registration at Transportation Depot

6:30 am Bike Transition Area Open

8:00 am Du for the Parks & Du It 2 It start

10:00 am Awards Ceremony

11:00 am Kid Du start

Refreshments: following the Du under the
canopy at the Transportation Depot.

For additional information visit
www.cityhs.net

Host Hotel: Hotel Hot Springs

305 Malvern Avenue

Call 501-547-5025 and speak to Barrie Kiger Nagy

For special DU FOR THE PARKS rates!

www.hotelhotsprings.org

This is a "Chip-Timed" event!

Complete results at www.stearnsracetiming.com

You may register online at www.raceroster.com

*Please note: No Registration
Transfers or refunds

REGISTRATION FORM

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Date of Birth: _____

Email: _____ (Age on 12/31/18): _____

USAT LICENSE #: _____

Must have USAT license (1-day license available below)

Chip#: _____ (if you have your own)

DU FOR THE PARKS

				After 5-14-18
___ Individual	___ Male	___ Female	\$50	\$60
___ Physically Challenged	___ M	___ F	\$50	\$60
___ Clydesdale (Male 220 LBS+)			\$50	\$60
___ Athena (Female 165 LBS+)			\$50	\$60
___ Relay – Male			\$80	\$90
___ Relay – Female			\$80	\$90
___ Relay – Mixed			\$80	\$90

DU IT 2 IT

				After 5-14-18
___ Individual	___ Male	___ Female	\$60	\$70
___ Relay – Male			\$90	\$100
___ Relay – Female			\$90	\$100
___ Relay – Mixed			\$90	\$100

KID-DU

___ Individual	___ Male	___ Female	\$15
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Name of other Relay Member

(Please submit 2-person Team Registration Forms together)

One-Day USAT License (Adult)	\$15
USAT License (Youth)	\$10

Total Submitted: \$ _____

Race Release: In consideration of the acceptance of this entry, the undersigned assumes complete responsibility for any injury or an accident which may occur during the event or while on the premises of the event, and I hereby release and hold harmless the sponsors, promoters or other persons or entities associated with this event otherwise. Signature of participant or parent's or legal guardian's signature for minors:

Date: _____

Mail entry form with checks made payable to:
Hot Springs Friends of the Parks
P.O. Box 996, Hot Springs, AR 71902
Call Ken Freeman for more info:
501-321-4802/501-623-6108
or email him at: kfreeman@cityhs.net