

**THE NEW!**

# Osceola Duathlon and introducing Osceola Trail Runs 10K & 5K

**Sept. 25, 2010**

**Online**

**Registration  
& Details at  
[www.Osceola  
Duathlon.com](http://www.Osceola<br/>Duathlon.com)**

Early registrations  
include complimentary  
ticket for a scenic ride on  
the Osceola Train  
(\$17 value)  
over Race Weekend.  
Relay teams welcome.



## **Osceola Duathlon & Trail Runs - check one:**

Duathlon  Du Relay  Kids Du  10K Run/Walk  5K Run/Walk

First Name \_\_\_\_\_ Last \_\_\_\_\_

DOB \_\_\_\_/\_\_\_\_/\_\_\_\_ Age \_\_\_\_\_ Female  Male

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Circle shirt size: child 6-8 child 10-12 child 14-16

adult: S M L XL XXL

E-mail \_\_\_\_\_

Phone \_\_\_\_\_

### **RELAY TEAM adult**

#### **First Runner**

First Name \_\_\_\_\_ Last \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Circle one: shirt size: S M L XL XXL

E-mail \_\_\_\_\_

Phone \_\_\_\_\_

#### **Biker**

First Name \_\_\_\_\_ Last \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Circle one: shirt size: S M L XL XXL

E-mail \_\_\_\_\_

Phone \_\_\_\_\_

#### **Last Runner**

First Name \_\_\_\_\_ Last \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Circle one: shirt size: S M L XL XXL

E-mail \_\_\_\_\_

Phone \_\_\_\_\_

\* Use one form per person. Form may be duplicated.

NEED WAVE ? If so, fill in information

Last duathlon \_\_\_\_\_ Overall Pace \_\_\_\_\_

**FEES thru 8/31/10 9/1/10-9/23/10 Race Day (9/25/10)**

**(rec'd by 9/23/10)**

Duathlon	\$35	\$45	\$65
Du Relay Team	\$60	\$75	\$95
Kids Duathlon	\$15	\$15	\$20
10K Run/Walk	\$30	\$30	\$35
5K Run/Walk	\$20	\$20	\$25

REGISTER ONLINE AT [WWW.OSCEOLAATHLON.COM](http://WWW.OSCEOLAATHLON.COM) or mail form & payment to: Osceola Duathlon, PO Box 21, Stillwater, MN 55082

**SIGNATURE ON WAIVER TO LEFT IS REQUIRED**

#### **Payment Enclosed**

Check # \_\_\_\_\_ Amount \_\_\_\_\_

Notes:

**THE BEST PLACE  
TO FIND THE RACE**  
[RunningWell.com](http://RunningWell.com)