

2010 RACES

RUNNIN' O' THE GREEN

MARCH 13

Divisions: 2 mile fun run/walk; 5 mile run

Most of the course is on the path through Whatcom Falls Park, though it also winds through Bayview Cemetery. The start and finish are at Bloedel Donovan Park. The running surface is a combination of crushed limestone and pavement.

Pre-Registration: \$15 by February 10

Late/Day of Race Registration: \$20

Registration/Check In: 8:30 to 9:45 a.m. *ID Required.*

Start: 10:00 a.m.

Time Limit: 1 hour

BAND: 10:30 a.m.

DANCERS: 11:00 a.m.

Awards & Drawing: 11:20 a.m.

PADDEN TRIATHLON

JUNE 26

Divisions: *Division 1: Competitive; Division 2: Recreational*

Swim: *Competitive 1/2 mile; Recreational 1/4 mile.*

Swimming is the first leg and will be done in Lake Padden starting at the bath house. Participants unable to complete the swim unaided will be disqualified.

Bike: *Competitive 21 miles; Recreational 10 miles.*

The bike leg will start and finish near the bath house. Maps of the bike course are available through the Arne Hanna Aquatic Center.

Run: *Competitive 5.2 miles; Recreational 2.6 miles.*

The run (counter-clockwise) will circle Lake Padden. Enjoy the run on crushed gravel with a combination of hills & flats. Division 1 will do two laps and Division 2 will do one.

Teams: Teams of 2 or 3 may register online.

Timing: The event will be chip timed.

Pre-Registration: \$50 by May 27

Late Registration: \$60 to June 23 *No Day of Race Registration*

Maximum Registration for each division is 300.

Check In/Package Pickup: 7:30 a.m. to 12:30 p.m. *ID required.*

Start: Competitive 8:30 a.m.; Recreational 1:00 p.m.

Time Limit: *Competitive: 3 hours; Recreational: 2.5 hours*

Awards & Drawing: Awards & draw prizes will follow each event.

Awards will be given to the first three male and female solo finishers in each race. All other prizes will be draw prizes and open to all participants.

PADDEN DUATHLON 1/3 LESS RACE

JULY 24

Run: 2.6 miles

The first run will circle Lake Padden counter-clockwise starting & finishing at the dog off leash area. Please see map for second lap.

Bike: 14.5 miles

The bike loop will run south to and around Lake Samish then back to Padden.

Run: 2.6 miles

The final leg will be a clockwise loop around Lake Padden.

Teams: Teams of 2 or 3 are welcome to register online

Pre-Registration: \$15 by June 25

Late/Day of Race Registration: \$20

Maximum Registration is 200.

Registration/Check in: 7:30 a.m. *ID required.*

Start: 9:00 a.m.

Time Limit: 2.5 hours

Awards & Drawing: The top three solo male and female finishers will receive awards. All other prizes will be draw prizes open to all participants.

BELLINGHAM YOUTH TRIATHLON

AUGUST 14

Divisions: *Division 1, 11-13; Division 2, 9-10; Division 3, 8 & under*

Swim: *Division 1: 400 yds.; Division 2: 200 yds.; Division 3: 100 yds.*

Swimming is the first leg and will be done in heats in the Arne Hanna Aquatic Center.

Bike: *Division 1: 3 miles; Division 2: 2 miles; Division 3: 1 mile*

The bike leg will be on the lesser-traveled roads near the Arne Hanna Aquatic Center.

Run: *Division 1: 1 mile; Division 2: 1/2 mile; Division 3: 1/4 mile*

The run (counter-clockwise) will take place in the field next to the Arne Hanna Aquatic Center. Division 1 will do 1 mile, Division 2 will do a 1/2-mile and Division 3 will do a 1/4-mile.

Teams: Teams of 2 or 3 are welcome to register online.

Pre-Registration: \$15 by July 15

Late/Day of Race Registration: \$20 July 16 to Day of Race

Registration/Check In: 8:00 a.m.

Start: Division 1: 9:00 a.m., Division 2: 10:00 a.m.,

Division 3: 11:00 a.m.

Time Limit: Before the start of the next race.

Awards & Drawing: The awards ceremony will follow shortly after the finish of the Division 3 race.

FAIRHAVEN RUNNERS WATERFRONT 15K

SEPT. 11

This beautiful, flat and fast 9.3-mile course loops along Bellingham Bay. Starts and finishes adjacent to Fairhaven's Village Green. Walkers Welcome. (*Average 16 minutes/mile.*)

Timing: Timing chips and race packets may be picked up race day only.

Pre-Registration: \$20 by July 12

Late Registration: \$25 July 13 - September 8

No Day of Race Registration

Maximum Registration is 1,000.

Shirt: Mizuna tech shirt to all registrants.

Check In: 7:00 - 8:15 a.m.

Start: 8:30 a.m.

Time Limit: Course support and timing ends at 11:00 a.m., 2.5 hours after start. Walking participants may still continue to be on the course.

Awards & Drawing: Awards will be given to the top male and female winners, masters 40+ and grand masters 60+. Medals will be awarded three deep in each division.

RUNNINGSHOES.COM MTB DUATHLON

OCTOBER 10

Run: 2.6 miles

The counter-clockwise run will circle Lake Padden's gravel path.

Mt. Bike: 4 miles

Four hilly miles of the expert loop.

Run: 2.6 miles

The clockwise run will circle Lake Padden.

Teams: Teams may register online.

Pre-Registration: \$15 by September 10

Late/Day of Race Registration: \$20 September 11 to Day of Race

Maximum: 200

FREE LONG-SLEEVE TECHNICAL SHIRT to first 100 registrants!

Registration/Check in: 9:30 a.m.

Start: 11:00 a.m.

Time Limit: 2 hours, 5 minutes

BONUS! Free YMCA Youth Duathlon after Adult Race!

Ribbons to top three

Prize drawing after the race

12 - 15 (R. 1/2mi., B. 2 1/2mi., R. 1/2mi.)

8 - 11 (R. 1/4mi., B. 3/4mi., R. 1/4mi.)

5 - 7 (R. 1/8mi., B. 1/2mi., R. 1/8mi.)

For more information, contact Tammy Bennett,
(360) 733-8630 or tbennett@whatcomymca.org

BELLINGHAM 2010 RACE SERIES



OFFICIAL RACE APPLICATION



Runnin' O' the Green



BELLINGHAM



YOUTH TRIATHLON



WWW.TRITHECOOKIE.COM

Last Name *required field
 First Name *required field
 Birthdate *required field / / Age *required field Sex *required field M F
 Address *required field
 Address (line 2)
 City *required field
 State *required field Postal Code *required field - Country
 Phone (Day) *required field
 Phone (Night)
 Email
 Teammate
 Additional Teammate
 Team Name
 T-Shirt *required field S M L XL 2XL Youth Tri. Sizes *required field YM YL S M L Youth Tri. Only

For Office Use Only

Competitor's Agreement

I will:

- Arrive early to allow time for parking, check-in, and registration.
- Not wear headphones during any portion of competition.
- Run/Walk/Ride in a courteous manner to the right of the trail or road.
- Not draft.
- Run/Walk/Ride no more than two abreast.
- Yield to faster participants, oncoming traffic and pedestrians.
- Be responsible for my own equipment.
- Be respectful of others using parks and obey park rules.
- Obey all traffic laws.
- Ride in a safe, controlled manner.
- Wear a helmet on the biking portion of any event.
- Dismount my bike in the transition area.
- Understand when course support and timing will end.
- Keep my pets off the course during competition.
- Complete any swims unaided or be disqualified.
- Be respectful of the race director and his minions.
- Grant my permission to the City of Bellingham and its sponsors to use photographs, motion pictures, personal data, recordings or any other record of this event for legitimate purposes.

I realize I am competing at my own risk and have read and will follow the above expectations allowing for my own safety and that of others.

WWW.TRITHECOOKIE.COM

Entry Fees and Payment Method

Select Your Event:	Early	On-Site/Late
3/13 Runnin' O' the Green -----	\$15	\$20
<input type="checkbox"/> 2-Mile (21838)		
<input type="checkbox"/> 5-Mile (21839)		
6/26 Padden Triathlon -----	\$50	\$60
<input type="checkbox"/> Competitive (21840)		
<input type="checkbox"/> Recreational (21841)		
7/24 Padden Duathlon 1/3 Less Race (21844) -----	\$15	\$20
8/14 Youth Triathlon -----	\$15	\$20
<input type="checkbox"/> Division 1 (21845) <input type="checkbox"/> Division 3 (21847)		
<input type="checkbox"/> Division 2 (21846)		
9/11 Fairhaven Runners Waterfront 15K (21851) -----	\$20	\$25
10/10 RunningShoes.com Duathlon (21852) -----	\$15	\$20
<input type="checkbox"/> Parks and Recreation Donation -----		

Total Payment/Credit Card Charge

Payment Method

Check Enclosed Payable to Bellingham Parks & Recreation (BP&R)

Visa

MasterCard

Card#: _____ Please Print Legibly

Exp. Date: _____ / _____

Cardholders Name: _____

Signature: _____

Refund Policy

These programs are not eligible for refund.

Participants must sign the following prior to competition.

I/WE realizing no insurance coverage is provided for the participants, will assume financial responsibility for any costs relating to any accident/injury that may occur while participating in the above named program. Furthermore, I will not hold the City of Bellingham, employees, volunteers or anyone otherwise involved in named programs responsible for any accident/injury that may occur. I have read and agree with the Competitor's Agreement.

I HEREBY AFFIRM THAT I HAVE READ THIS DOCUMENT, AND I UNDERSTAND ITS CONTENT.

PRINT NAME _____ SIGNATURE _____ DATE _____
 Competitor

PRINT NAME _____ SIGNATURE _____ DATE _____
 Parent/Legal Guardian (If <18 years old)

MAIL APPLICATION TO:
Bellingham Parks & Recreation
3424 Meridian St.
Bellingham, WA 98225

Participants may register via www.trithecookie.com, fax, mail or in person at Bellingham Parks & Recreation 3424 Meridian St. Bellingham, WA 98225 ph. (360) 778-7000 fax (360) 778-7001.