

## Amana Colonies Rundtour Duathlon Middle Amana, Iowa Sunday, Aug 28, 2011 - 8 am

Thank you for considering the Annual Amana Colonies Rundtour Duathlon! This event was established to become the premier event of its type in the Iowa River Valley! It will not only be the only event of its kind for the athletes involved, but an event of superb draw for the community as a whole.

DON'T go far after the race! There will be massage therapists on site to give you a free massage! Supplied by The MAC in Cedar Rapids!!

Fidelitas Masonic Lodge has been a member of the Fairfax community for over 135 years. Masons belong to the oldest and most honorable fraternity known to man! They are men of good character and moral lives who strive to improve themselves and make their world a better place, starting at home. The Masons of North America contribute over \$2 million per day to charitable causes!! This philanthropy represents an unparalleled example of the humanitarian commitment of this great and honorable fraternity. Thank you for helping us at Fidelitas Lodge in Fairfax add to that total.

**Teams Note:** This will be an individual or team event. A team will be two (2) athletes, one runner and one biker. If you choose to participate as a team, the runner will not start the second lap until the teammate returns from the bike portion of the event. Prizes will be given for teams in categories to be determined. Sorry, no cash prizes for teams. Be sure to fill out the registration to reflect both athletes' information.

**DOOR PRIZES!! DOOR PRIZES!!**  
**All Athletes participating will be eligible for door prizes to be drawn after the race.**

### Things to Know

**The Course:** The Duathlon begins and ends at the Elementary School in Middle Amana! The run portions will take you around the scenic lake trail while the bike route will loop you through the entire historic and scenic Colonies! The length of the race is 2.6 mi run, 15 mi bike and finish with another 2.6 mi run.

**Registration and Packet Pickup:** We encourage you to sign up early to avoid any lines the day of the Duathlon! We will have a packet pickup session from 6 – 8 pm on Saturday, August 27, 2011 and from 6:30 – 7:45 am on Sunday, August 28<sup>th</sup>. Both pickup locations are at the Elementary School in Middle Amana.

**Race Timing:** The Duathlon will be chip timed with splits being kept for each leg of the race. This will allow for the most accurate recording of your time.

**T-Shirts:** Will be picked up with your packets. Please don't forget to indicate the size you require on the registration form. If you register late your shirt may have to be mailed to you at a later date.

**Prizes:** Cash Prizes will be awarded to the top two overall finishers in both male and female. Fresh-baked fruit pies will be awarded to the top male and female finishers in each age group. Age groups will include: under 16, 16 – 29, 30 – 39, 40 – 49, 50 – 59 and 60+. Prizes will be given out for the teams also.

### Contact Information

Make checks payable to Fidelitas Lodge  
Mail to  
PO Box 90  
Fairfax, IA 52228  
Phone: 319-929-1134  
Email: [fidelitas364@hotmail.com](mailto:fidelitas364@hotmail.com)

### Amana Colonies Rundtour Duathlon Registration

Name: \_\_\_\_\_

Address (street): \_\_\_\_\_

Address (City, State, ZIP): \_\_\_\_\_

Gender: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Age on Race Day: \_\_\_\_\_

Shirt Size: S M L XL

**Entry Before Race Day \$45 Individual, \$85 Team  
Fees On Race Day \$55 Individual, \$95 Team  
NO REFUNDS**

**Read and Sign: Parent or Guardian must sign if under 18**

Disclaimer: In consideration of your acceptance of this entry, I for myself, my heirs, my executors and administrators and assignees, forever release and discharge any rights, demands, claims for damages, and callers of suit or action, known or unknown, that I may have against the Amana Society Inc, Iowa County, Fidelitas Lodge #364, A.F. & A.M., Clear Creek Amana Schools and Amana Colonies Trails Inc, and all participating sponsors and the directors, officers, employees, and agents of such parties, for any and all injuries resulting from my participation in the Amana Colonies Rundtour Duathlon, that I assume those expenses in the event of an accident, illness, or other incapacity regardless of whether I have authorized such expenses, and that I am physically fit and sufficiently trained to participate in this event. I release the rights to any and all photographic materials and computer information the race committee may release from this event without obligation to me.

Signed: \_\_\_\_\_

Dated: \_\_\_\_\_