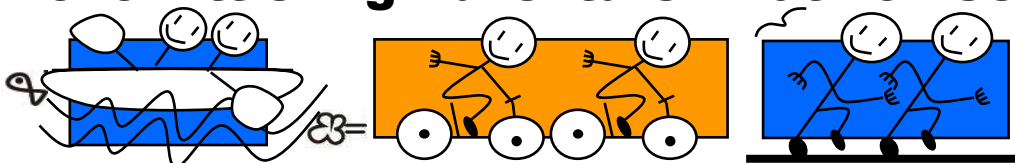


MERRELL M PRESENTS

The 2010 Little-Big Adventure Triathlon Series



WHAT: Adult/Child Team Adventure Triathlon.

WHO: Adult - 18 & older. Children - 7 - 17.

COURSE: .5 mile canoe, 3.5 mile trail bike ride, 1.5 mile run. Teams compete in all 3 events together and finish together! Chip timing will event & finish times.

DATE/LOCATION:

TEAM REGISTRATION FEE:

Apr 17 - Pocahontas State Park - Richmond, VA-----\$85 until Mar 31, \$95 until Apr 15, \$100 Apr 16-17
 Sep 18 - Lake Crabtree Park - Raleigh, NC-----\$85 until Aug 31, \$95 until Sep 16, \$100 Sep 17-18

*Transition area must be set up by 9:00am. Event begins at 10:00am.

AGE GROUPS: Adult/Child teams. Adult must be 18 years or older. Child must be between the ages of 7-17. Team divisions will be based on the age and gender of the child member of the team. Divisions: Boy - 7-8, 9-10, 11-12, 13-14, 15-17; Girls: 7-8, 9-10, 11-12, 13-14, 15-17

AWARDS: Medals are given for the top 3 finishers in each division. Finisher ribbons for all finishers! Some great random prizes can be won by anyone after the awards ceremony. Must be present to receive the prize.

REGISTRATION: You can download/mail the registration form from www.runningkids.net. Send registration form along with applicable check to Running Kids, P.O. Box 3593, Chester, VA 23831. Make check payable to Running Kids. Credit card with secure online registration through www.raceit.com - keyword: Little Big Adventure. Online registration closes 2 days prior to event. If mailing, mail at least 1 week before event. **No t-shirt guarantee if you wait until the last week to register. REVIEW IMPORTANT RACE INFORMATION ON BACK!**

Place an "X" in the box of the race you wish to participate in!

Apr 18 - Pocahontas

May 30 - Lake Crabtree

Full name of team participants: (please print legibly)

Adult: _____

Child: _____

Team point of contact (POC) Full Mailing Address: _____

Team Name:

_____ City/St: _____ Zip: _____

POC Phone #: _____ POC Email: _____

Child's gender Boy / Girl (circle one) Child's age on Race Day: _____

Using Personal Canoe: Yes / No (circle one) **(NO KAYAKS!!)** How did you hear about the event?: _____

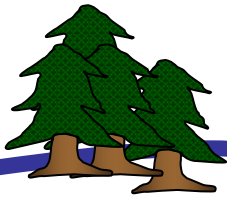
T-shirt size (circle two or indicate 2 of the same size): Youth-M (10-12), Youth-L (14-16), S, M, L, XL

As a signing parent, legal guardian, or participant, I state that my child is or I am in proper physical condition to participate in this (or these) event. I know that running, biking, or participation in a triathlon is a potentially hazardous activity and should not be entered unless medically able. I agree to abide by any decision of a race official relative to the ability to safely complete the run. I assume all risks associated with participation in this event, including but not limited to falls, contact with other participants, the effects of weather, including extreme temperatures and humidity, traffic, and the conditions of the roads, all such risks being known and appreciated by me. Having read this waiver, and knowing these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to race on my behalf, hereby waive and release Running Kids, the race coordinators, venue location(s), all sponsors, their representatives, and successors from all claims or liabilities of any kind arising out of participation in this event. I also grant permission to the coordinators for use of any photographs of this event. **2 SIGNATURES REQUIRED!**

ADULT SIGNATURE: _____ DATE: _____

PARENT/GUARDIAN SIGNATURE FOR CHILD: _____

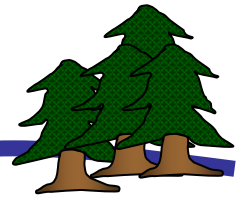
Mail registration form with check to: Running Kids, P.O. Box 3593, Chester, VA 23831 (Sorry No Refunds)



Little-Big Adventure Triathlon

IMPORTANT RACE INFORMATION

READ THOROUGHLY



Race: Adult/Child Team Adventure Triathlon: $\frac{1}{2}$ mile canoe, 3.5 mile trail bike ride, 1.5 mile run. Teams compete in all 3 events and finish together! Chip timing will track finish times.

Entry Fee Includes: Dri-fit T-shirt, use of ankle chip/team for chip timing, canoe use, finisher ribbons, insurance coverage, ticket entry for random prize drawings, free lunch tickets, and cool sponsor giveaways.

Registration: You can download/mail the registration form from www.runningkids.net. Send registration form along with applicable check to Running Kids, P.O. Box 3593, Chester, VA 23831. Make check payable to Running Kids. Credit card with secure online registration through www.raceit.com - keyword: Little Big Adventure. Online registration closes 2 days prior to event. If mailing, mail at least 1 week before event. **No t-shirt guarantee if you wait until the last week to register.**

Age: Adult/Child teams. Adult must be 18 years or older. Child must be between the ages of 7-17 on race day. Team divisions will be based on the age and gender of the child member of the team.

Divisions: Boy: 7-8, 9-10, 11-12, 13-14, 15-17 Girls: 7-8, 9-10, 11-12, 13-14, 15-17

Awards/Raffle: Medals are given for the top 3 finishers in each division. Some great random prizes can be won by anyone after the awards ceremony. ***1 lucky participant will win a Ripper Kayak compliments Blue Ridge Mountain Sports & Running Kids!*** Must be present to receive the prize.

Canoe Use: You have the option to use your own personal canoe. Please indicate on the registration form if you decide to do this. You will set up your personal canoe in a special designated area at the transition point. If you do not have a canoe, one will be provided for your use. **NO KAYAKS or KAYAK PADDLES PERMITTED!!**

Event Photography: Professional event photography will be captured and available for purchase. See website for details.

Chip Timing: Champion Chip timing technology will capture each leg of the race and finish times for teams. Teams will pick up their chip race morning between 7:00 - 9:00 am. Chips will be immediately turned in after crossing the finish line.

Post Race: A complimentary lunch will be provided for all race participants and volunteers. Spectators can purchase food as well. There will be a number of sponsor booths and activities near the finish area.

Accommodations: Camping, cabins & other lodging information can be found under the specific venue information at www.runningkids.net.

Contact Info: For more important information, visit www.runningkids.net, email info@runningkids.net, or call (804)706-1038.

Venue Directions: Available under the specific venue information at www.runningkids.net. A mandatory parking fee may be required per car at park.

Packet Pick-up: Packet pick-up will be available the Friday before the event from 12:00-5:00pm at the designated area and the morning of the race onsite from 7:00-9:00am only. Visit the specific venue webpage for detailed information at www.runningkids.net.

VOLUNTEERS! In order to make each event a success we need dedicated volunteers to assist with set-up, course marshalling, timing, and tear-down. All volunteers receive t-shirt and free lunch. It is an incredibly rewarding experience! Please contact Noelle Grosso at info@runningkids.net or call (804)706-1038 if interested. Thank you!

Visit www.runningkids.net for more **IMPORTANT** information on race rules and regulations and for specific venue details!