

The 24th Annual Fiesta Biathlon
Sunday, April 18, 2010, 1 PM, Greenville, NC

**Sponsored by The Mediation Center of Eastern Carolina,
The Bicycle Post and Chico's Mexican Restaurant**

Proceeds benefit The Mediation Center of Eastern Carolina, helping individuals in the community develop the capacity to respectfully resolve conflict.

Another Fine Event from the Tricredibles Triathlon Team and East Carolina Road Racing

Same courses as last year. Both the 5K run and 15 mile bike legs are out and back. The bike leg is flat and often windy, and the run leg is a li'l bit hilly (by Greenville standards). Splits will be recorded for run and bike legs. Race starts at the intersection of Cotanche and Reade streets in Uptown Greenville, in front of the Bicycle Post and Chico's Restaurant.

Maps and more info about the Biathlon are posted at www.Tricredibles.com/Fiesta

Online registration available at www.active.com.

Timing and Scoring by ECRR using timing chips. Results will be posted on www.ecrun.org.

Entry Fees: \$30 if mailed by 3/9, \$40 after, \$50 on race day, teams \$45 by 3/9, \$55 after, \$65 on race day

Do not mail entries after April 8, just bring to race. Entry fee includes T-shirt.

2X and 3X shirts will only be ordered for entries received by April 1.

Awards to the top 3 Men and Women Overall and top 3 M+F placers in each age group

All participants will receive their time and placing.

Age Groups: 16 and Under, 17-19, 20-29, 30-39, 40-49, 50-59, 60+

Team Awards - to the top 3 male, female, and mixed teams

Enjoy GREAT Mexican food and catch the sun with us at our Post Race Party/Awards Ceremony!

Register: At the Bicycle Post Uptown, Cotanche and Reade Street, starting at 11 AM. All cyclists must wear approved helmet.

Event questions: contact Bruce Richter, thechromedome@suddenlink.net, 252-367-6174.

Make checks payable to "MCEC" and mail to Bruce Richter, 2741 Preston Lane, Grimesland, NC 27837.

Name _____ DOB _____ Age on 4/18 _____ Sex _____
Street _____ City _____ State _____ Zip _____
Home Phone _____ Work _____ T-shirt Size _____ Email _____

Entering as Individual ___ Entering as Team ___ If Team, Run or Bike Leg _____ Amount Enclosed \$ _____

If entering as a team, please include registration forms and payment for both members.

NO animals, skates or bicycles are allowed in the 5K run in the interest of safety. Race chairs and strollers are allowed, but be aware of downhill. Portable music players are not allowed on the bike segment for safety. Dogs are not allowed inside the transition area (Chico's parking lot) and must be leashed for safety.

----- **WAIVER** -----

In consideration of being permitted to participate in the 24th Annual Fiesta Biathlon, I and my family, estate, heirs, personal representatives, and/or assigns do hereby release, waive, forever discharge, and covenant not to sue the organizers, The Mediation Center of Eastern Carolina, Tricredibles, East Carolina Road Racing, City of Greenville, Pitt County, its/their governing board(s), officers, agents, employees and/or volunteers, from and against any and all liability for any harm, injury, damage, claims, demands, actions, causes of action, costs, and/or expenses of any nature that may be sustained by me as result of my participation in the above event. I have signed this Waiver in full recognition and appreciation of the dangers, hazards, and risks of road races, which may include but are not limited to, serious or even mortal physical injuries and/or property damage. By signing, I attest that I am in sufficient physical condition to safely participate in the event on April 18, 2010, and that I assume full responsibility for my own safety during all portions of the event. I also attest that I have read and understand all details of this Waiver, and agree to obey law enforcement officers and abide by the restrictions listed above.

Signed _____ Date _____
Parent or Guardian if under 18 _____ Date _____