

Team #: _____

ENTRY FORM
Thirty-Fifth Annual
Lexington Road & River Relay
10:00 a.m., Saturday, May 1, 2010

Please Designate Your
Team Classification: _____

Please print and provide complete information:

3.5 mile Print Name: _____
running leg

Street Address: _____ city/state/zip: _____

Telephone: _____ Age _____ Gender: M F T-shirt size: S M L XL XXL

Signature: _____

I, the above signed, have read and agree to the Waiver. Guardian must sign if entrant is under 18 years of age.

9.1 mile Print Name: _____
cycling leg

Street Address: _____ city/state/zip: _____

Telephone: _____ Age _____ Gender: M F T-shirt size: S M L XL XXL

Signature: _____

I, the above signed, have read and agree to the Waiver. Guardian must sign if entrant is under 18 years of age.

2.2 mile Print Name: _____
canoe/kayak leg

Street Address: _____ city/state/zip: _____

Telephone: _____ Age _____ Gender: M F T-shirt size: S M L XL XXL

Signature: _____

I, the above signed, have read and agree to the Waiver. Guardian must sign if entrant is under 18 years of age.

2.2 mile Print Name: _____
canoe/kayak leg

Street Address: _____ city/state/zip: _____

Telephone: _____ Age _____ Gender: M F T-shirt size: S M L XL XXL

Signature: _____

I, the above signed, have read and agree to the Waiver. Guardian must sign if entrant is under 18 years of age.

1.3 mile Print Name: _____
running leg

Street Address: _____ city/state/zip: _____

Telephone: _____ Age _____ Gender: M F T-shirt size: S M L XL XXL

Signature: _____

I, the above signed, have read and agree to the Waiver. Guardian must sign if entrant is under 18 years of age.

Waiver: In consideration of the acceptance of my entry, I, for myself, my heirs, successors, executors, administrators, distributes and assigns, do hereby release and discharge the Lexington Road & River Relay Committee, Lexington Sunrise Rotary Club, and all other sponsors, including the trustees, servants, agents, officers, employees, successors and assigns of each, from any and all actions, causes of action, claims and demands for damages of whatever nature, arising out of or in any way connected with my participation in the 2010 Lexington Road & River Relay. I acknowledge and confirm that I am fully aware of the risks involved in this event and certify that I am physically fit and sufficiently trained to participate. I further certify that I have read the foregoing and have full understanding of its contents.

Team name: _____ Team Captain: _____

Fee: \$90.00 per team through April 17, 2010; \$125.00 per team after April 17, 2010. Individual participants, \$35.00 through April 17, 2010, or \$45.00 after April 17, 2010.

Make checks payable to:
Mail registration and fee to:

Lexington Sunrise Rotary Club
Jon Ellestad
300 E. Washington Street
Lexington, VA 24450

Thirty-Fifth Annual
Lexington Road & River Relay
10:00 a.m., Saturday, May 1, 2010

Description

The Lexington Road & River Relay is a four-leg event (individual or team) over a challenging 16.1 mile course in and around Lexington, Virginia. Teams can consist of five or fewer members. The first leg is a 3.5-mile run on paved roads over a moderately hilly course. The second leg is a 9.1-mile bicycle ride on paved hilly country roads. The third leg is a 2.2-mile canoe or kayak course down the Maury River. The fourth and final leg is a 1.3-mile loop run on a slightly hilly trail course. For additional information, call Jon Ellestad at 540/462-3700 (work day), call Sammy Moore at 540/463-5375 (work day) or e-mail him at lexrockcc@rockbridge.net or call Clay Devening at 540/463-6090 (evenings) or e-mail him at dcdevening@embarqmail.com. You may also find information on the Lexington-Sunrise Rotary Club website at www.sunriserotarylexva.org.

Location & Time

Race Start

The race will begin promptly at 10:00 a.m. on Saturday, May 1, 2010. The race start will be on Main Street in front of the Rockbridge Regional Library.

Packet Pick-up

Race packets containing numbers, an exchange wristband and T-shirts may be picked up beginning at 8:30 am. at the start area on race day.

Bicycle & Canoe/Kayak Leg

The finish of the first running leg, the start and finish of the bicycle leg and the start of the canoe/kayak leg will occur at Beans Bottom on Route 631 (Furrs Mill Rd.). Bean's Bottom can be reached by following Main Street (Route 11) north across the Maury River bridge and turning left onto Route 631. Follow Route 631 along the river to Beans Bottom.

Final Leg & Finish

The finish of the canoe/kayak leg and the start and finish of the final running leg will occur at Jordans Point. Jordans Point is located on the south bank of the Maury River just west of the Maury River bridge. Jordan's Point can be reached by turning off north Main Street to the access road at the RARA building on Jordans Point Rd.

Registration

Entry forms may be obtained from the Lexington/Rockbridge Chamber of Commerce, 100 W. Washington St., Lexington, VA 24450 or by calling 540/463-5375 or the above numbers. Entry forms may also be downloaded from www.sunriserotarylexva.org. The registration fee is \$90.00 per team for registration received prior to 5:00 p.m., Saturday, April 17, 2010. After April 17 and on race day (registration will occur at the starting area from 8:30 to 9:30 am.), registration fees will be \$125.00 per team. The fee for solo participants will be \$35.00 prior to April 17 and \$45.00 after April 17 and on race day. Entries should include a check payable to Lexington Sunrise Rotary Club and a completed and signed registration form.

Awards/Classification

Awards will be presented for the following finishers:

team with standard canoe - Tradition Award	18 and under (any gender) with canoe or kayak
men's team with canoe/kayak	women's team with canoe or kayak
men's individual with canoe or kayak	women's individual with canoe or kayak
mixed gender team with canoe or kayak	

Post Race Events

Food and beverage will be provided at the finish area for race participants.

Race Rules

Failure to comply with the race rules will result in disqualification. Race rules are:

- ✓ No assistance may be given to any team competitor during the race except in emergency situations.
- ✓ Individuals not competing as part of a team may assist in moving the canoe or kayak to the start and in holding the bicycle.
- ✓ Exchanges must be completed within the exchange area and must be made hand to hand. Exchanges outside the exchange area or tossed wristbands will result in a disqualification. Promptly remove all equipment from the exchange area when exchanges are completed.
- ✓ After finishing a running leg or cycling leg, runners and cyclists must not double back on the course.
- ✓ Cyclists must properly wear an ANSI or Snell-approved helmet with chin-strap fastened. Since the bicycle leg is essentially a time trial, drafting is not allowed.
- ✓ Canoeists/kayakers must properly wear a US Coast Guard-approved life vest. Canoes must be standard open models with single-bladed paddles to be eligible for the Tradition Award.
- ✓ Individual participants must complete the event solo to be considered for the individual award.
- ✓ All participants must sign a waiver of liability; no one else may sign for an entrant. Minors must provide waivers signed by parents or guardians.
- ✓ Poor sportsmanship will be rewarded with a disqualification. Be courteous and allow all competitors the pleasure of participation.
- ✓ Logistics of transporting equipment (water craft and bicycles) and race participants is the responsibility of participants.

For race results, you can find the Lexington Road and River Relay at www.sunriserotarylexva.org.