

EPIE'S GREAT RACE® 38 *Presented by Eppie's Great Race Foundation*

REGISTRATION INFORMATION AND PRINT ENTRY FORM

Saturday, July 23, 2011

Held along the scenic American River Parkway in Rancho Cordova and Sacramento.

What you will receive for your entry:

- A beautiful course entirely along the scenic American River Parkway
- 38th Annual THE GREAT RACE® logo t-shirt & commemorative program
- Many iron person & team divisions for canoe & kayak divisions
- Free parking
- Experienced, helpful, enthusiastic volunteers
- Free shuttle from finish to bicycle retrieval area
- US Bank Youth Pavilion
- Live Entertainment, food and beverage coupons

• *Exciting competition & fun for the whole family!*

DIVISION	July 22: Packet Pick Up Pasta Dinner; July 23: Race Morning Registration
Junior Ironperson (individuals age 18 & younger)	\$40
All Ironpersons (individuals age 19 & older)	\$110
Junior Team (all team members age 18 & younger)	\$105
2- or 3-person Adult Team	\$240
4-Person Team	\$320
Corporate Team (3 persons)	\$345
Free entry for adults with pledges to The Great Race® beneficiary TRS (Ironpersons \$250 minimum; Teams \$500 minimum).	
Friday July 22, 4 pm - 8 pm, River Bend Park (formerly Goethe Park): The Old Spaghetti Factory Pasta Dinner - 13 & older	\$10
Pasta Dinner - children 12 & younger	\$5

6th Annual Kids Duathlon

REGISTRATION INFORMATION

Saturday, July 23, 2011

Held in conjunction with **38th Annual EPIE'S GREAT RACE®** *Presented by Eppie's Great Race Foundation*

DIVISION	July 22: Packet Pick Up Pasta Dinner; July 23: Race Morning Registration
Iron Kids (individuals age 17 & younger)	\$20
Two-Person Teams (members must be age 17 & younger)	\$40
Friday July 22, 4 pm - 8 pm, River Bend Park: The Old Spaghetti Factory Pasta Dinner - 13 & older	\$10
The Old Spaghetti Factory Pasta Dinner 12 & younger	\$5



Eppie's Great Race® benefits **County of Sacramento Therapeutic Recreation Services**, offering skills training and recreational opportunities for people with various disabilities in the greater Sacramento area.

EPPIE'S GREAT RACE® 38 PRINT ENTRY FORM FOR SPECIAL ENTRIES

1. Check Division ONE DIVISION per ENTRY!

Make checks payable to: EPPIE'S GREAT RACE®. Include a fax number or e-mail address and a self-addressed, stamped envelope with your entry. Complete the form below and mail it with your check to: EPPIE'S GREAT RACE®, Eppie's Great Race Foundation, 1111 Howe Ave., Suite 140, Sacramento, CA 95825

TEAM DIVISIONS

*All age division categories are based on entrant's age on 7/23/2011.

- ___ 1. ADAPTIVE - at least one member with a disability - **Therapeutic Recreational Services/ Sacramento Co. Regional Parks**
- ___ 2. FIRE FIGHTER/ POLICE - **Marcus & Millichap**
- ___ 3. OPEN CANOE- **MacDonald's Corp.**
- ___ 4. TANDEM KAYAK - **CA Fam Fitness**
- ___ 5. OC-1 (outrigger canoe, 1 person)
- ___ 6. SIT-ON-TOP - **Rancho Cordova**
- ___ 7. CORPORATE - all from same company
- ___ 8. CO-ED - **U.S. Bank**; no age limitations; at least one Male/Female

- ___ 9. OPEN MEN - **Paul A. Garcia Memorial**
- ___ 10. FAMILY - **Leonard Weed Memorial**
- ___ 11. OPEN WOMEN - All women
- ___ 12. WOMEN 40+ All age 40 & older*
- ___ 13. WOMEN 50+ All age 50 & older*
- ___ 14. MEN 40+ All age 40 & older*
- ___ 15. MEN 50+ All age 50 & older*
- ___ 15. MEN 60+ All - **Michelob Ultra**; age 60 & older*
- ___ 16. JUNIORS - **Anderson Luccetti**
All 18 years & under* - **Reduced Entry!**

IRONPERSON DIVISIONS

*All age division categories are based on entrant's age on 7/23/2011.

- ___ 17. JUNIOR IRONMAN - **Pacific Coast Building Products**
Individual male 18 & younger
- ___ 18. IRONMAN
Individual male 39 & younger*
- ___ 19. IRONMAN 40+
Individual male, 40-49*
- ___ 20. IRONMAN 50+
Individual male 50 & older*
- ___ 21. IRONMAN 60+
Individual male, 60 & older*

- ___ 22. JUNIOR IRONWOMAN - **Pacific Coast Building Products**
Individual female 18 & younger
- ___ 23. IRONWOMAN
Individual female, 39 & younger*
- ___ 24. IRONWOMAN 40+
Individual female 40-49*
- ___ 25. IRONWOMAN 50+
Individual female 50 & older
- ___ 26. IRONWOMAN 60+
Individual female 60 & older

One division per entry! • Be sure to sign waiver! • Photocopies are OK. • Please print legibly.

2. Sponsor or Corporate Division Info (if applicable)

Sponsor or Corporate Division Name

Sponsor's or Corporate Division Address

4. Ironperson or Team Runner Information

Team Captain? Age on 7/23/10 Circle Gender: M F Circle t-shirt size: S M L XL

Last Name First Name

Address

City/State/Zip

Email Address

Day Phone Evening Phone

5. Team Cyclist

Team Captain? Age on 7/23/10 Circle Gender: M F Circle t-shirt size: S M L XL

Last Name First Name

Address

City/State/Zip

Email Address

Day Phone Evening Phone

3. Team Information

Team Name

Team Captain's Last Name First Name

Team Captain's Email Address

6. Team Paddler

Team Captain? Age on 7/23/10 Circle Gender: M F Circle t-shirt size: S M L XL

Last Name First Name

Address

City/State/Zip

Email Address

Day Phone Evening Phone

7. 2nd Team Paddler or Guide

Team Captain? Age on 7/23/10 Circle Gender: M F Circle t-shirt size: S M L XL

Last Name First Name

Address

City/State/Zip

Email Address

Day Phone Evening Phone

8. Payment payable to Eppie's Great Race®

Entry Fee \$

Old Spaghetti Factory Pasta Feed

Child 12 & younger \$5, \$

Everyone 13 & older \$10 \$

Contributions \$

TOTAL ENCLOSED \$

9. PARTICIPANT(S) MUST READ and SIGN THIS WAIVER!

SIGNING THIS FORM IS A CONDITION OF ENTRY AND LIMITS YOUR LEGAL RIGHTS.

The Undersigned realizes this event covers a difficult course and that they may be exposed to injury or danger from a number of natural and man-made factors including, but not limited to, the hazards of other participants, vehicular traffic, boat traffic, uneven ground, and the American River itself. In consideration of being allowed to participate in any way in Eppie's Great Race®, the undersigned: 1) Agree that prior to participating, they each will inspect the facilities and equipment to be used, and if they believe something is unsafe, they will immediately advise a Great Race® official of such condition(s) and refuse to participate. 2) Acknowledge and fully understand that each participant will be engaging in inherently dangerous activities that involve risk of serious injury, including permanent disability and death, and severe social and economic losses, which might result not only from their own actions, inactions or negligence but from the actions, inactions or negligence of others, the rules of competition, or the condition of the premise or of any equipment used. Further, that there may be other risks not known to Eppie's Great Race® Organizing Committee or not reasonably foreseeable at this time. 3) Reasonably, knowingly and voluntarily assume all of the foregoing risks and accept personal responsibility for the damages following such injury or loss. 4) Release, waive, forever discharge and covenant not to sue The Great Race®, Eppie's Great Race®, The Great Race® Committee, Great Race® sponsors, vendors or staff associated with the event, its affiliated clubs, their respective administrators, directors, agents, and other employees of Eppie's Great Race® Committee, other participants, advertisers, owners and lessors of premises used to conduct the event, all of which are hereinafter referred to as "releases," from any and all liability to each of the undersigned, his or her heirs, assigns and next of kin for any and all claims, demands, losses or damages on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the releases or otherwise. Knowing the risks of the event, I nevertheless hereby agree to assume Eppie's Great Race® rules and agree to all applicable requirements of the "Competition Rules" and all other applicable "Eppie's Great Race® information" posted on Eppie's Great Race® web site or received from an official Great Race® contact. 6) Understand and agree that medical services rendered by any of the above entities is not an admission of liability nor does it imply an obligation to provide any such services and is not a waiver by any of the above entities of any right hereunder. 7) Grant full permission to Eppie's Great Race® and/or its agents including its media partners to use any photographs, audio and/or video tapes or any other record of this event in which I may appear for any legitimate purposes. 8) Cyclists and Paddlers: I understand that as a condition of my being accepted as an entrant in Eppie's Great Race®, I shall wear protective headgear or appropriate personal flotation device or both as required under the competition rules. I also understand and acknowledge that the protective headgear worn by a cyclist must be specifically designed and intended for use by cyclists and shall meet or exceed the list standards established by Snell Laboratories, ASTM, and/or ANSL. I agree that it is my sole responsibility to inspect my headgear to determine whether it complies with those test standards and the rules of Eppie's Great Race®. The undersigned have read the above waiver and release, understand that they have given up substantial rights by signing it, signed it voluntarily and agree to be bound by it.

I have read this release. Runner or Ironperson Signature/Date
(Parent or Guardian of Minor if under 18 as of 7/23/11)

I have read this release. Paddler's Signature/Date (Parent or Guardian of Minor if
under 18 as of 7/23/11)

I have read this release. Cyclists' Signature/Date (Parent or Guardian of Minor if
under 18 as of 7/23/11)

I have read this release. 2nd Paddler's or Guide's Signature/Date - Tandem Recre-
ational Canoe /Kayak (Parent or Guardian of Minor (if under 18 as of 7/23/11)