

36th Annual THE GREAT RACE® Presented by Eppie's Great Race Foundation

Registration Information & Print Registration Form

Saturday, July 18, 2009 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
- 36th 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
- Kaiser Permanente Youth Pavilion
- Live Entertainment, food and beverage coupons

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

ENTER ONLINE at:

TheGreatRace.org


Save time!

Go green & save paper!

Instant entry confirmation!

MAILED IN ENTRY FEES <i>Do not mail anything after July 10!</i>	Early mailed in: post-marked by June 15	Late mailed in: post-marked June 16 to July 10	July 17: Packet Pick Up Pasta Dinner; July 18: Race Morning Registration
Junior Ironperson (individuals age 18 & younger) GREAT VALUE!	\$35	\$40	\$45
All Ironpersons (individuals age 19 & older)	\$95	\$100	\$105
Junior Team (all team members age 18 & younger) GREAT VALUE!	\$95	\$110	\$125
2- or 3-person Adult Team	\$195	\$210	\$225
4-Person Team	\$260	\$280	\$300
Corporate Team (3 persons)	\$300	\$315	\$330
Free entry for adults with pledges for The Great Race® beneficiary TRS (Ironpersons \$250 minimum; Teams \$500 minimum).			
Friday July 18, 4 pm - 8 pm, River Bend Park (formerly Goethe Park): The Old Spaghetti Factory Pasta Dinner - 13 & older	\$7	\$8	\$10
Pasta Dinner - children 12 & younger	\$3	\$4	\$5

ONLINE ENTRY FEES - Your BEST entry option Enter online at THEGREATTRACE.org for instant entry confirmation Go GREEN: save paper, save time, save energy!	Early Online: by June 15 BEST VALUE	Late Online: June 16 to July 15
Junior Ironperson (individuals age 18 & younger)	\$30	\$35
All Ironpersons (individuals age 19 & older)	\$85	\$90
Junior Team	\$85	\$100
2- or 3-person Adult Team	\$180	\$195
4-Person Team	\$240	\$260
Corporate Team (3 persons)	\$285	\$300
Friday July 18, 4 pm - 8 pm, River Bend Park (formerly Goethe Park): The Old Spaghetti Factory Pasta Dinner - 13 & older	\$7	\$8
Pasta Dinner - children 12 & younger	\$3	\$4

KAISER PERMANENTE  thrive
The **Kaiser Permanente Kids Duathlon** has a separate entry form. Enter your kids online at TheGreatRace.org (**best option!**), download the entry form online, pick one up at local businesses, or contact TRS (ph: 916/381-0255; email: TRS@SacCounty.net) to have one sent to you.



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.

Make checks payable to: The Great Race®. Be sure to include a fax number or e-mail address with your entry information. Complete the form below and mail it with a check and a self-addressed, stamped envelope to: **Eppie's Great Race, Eppie's Great Race Foundation, c/o County of Sacramento TRS, P.O. Box 292640, Sacramento, CA 95829**

THE GREAT RACE® 36 OFFICIAL PRINT ENTRY FORM

Make checks payable to: The Great Race®. Be sure to 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:

THE GREAT RACE®, Eppie's Great Race Foundation, c/o Co. of Sacramento TRS, P.O. Box 292640, Sacramento, CA 95829

1. Check Division ONE DIVISION per ENTRY!

IRONPERSON DIVISIONS *All age division categories are based on entrant's age on 7/19/2008.

- | | |
|---|--|
| <p>___ 19. JUNIOR IRONMAN
Individual male 18 & younger</p> <p>___ 20. IRONMAN
Individual male 39 & younger*</p> <p>___ 21. IRONMAN 40+
Individual male, 40-49*</p> <p>___ 22. IRONMAN 50+
Individual male 50 & older*</p> <p>___ 23. IRONMAN 60+
Individual male, 60 & older*</p> | <p>___ 24. JUNIOR IRONWOMAN
Individual female 18 & younger</p> <p>___ 25. IRONWOMAN
Individual female, 39 & younger*</p> <p>___ 26. IRONWOMAN 40+
Individual female 40-49*</p> <p>___ 27. IRONWOMAN 50+
Individual female 50 & older</p> <p>___ 28. IRONWOMAN 60+
Individual female 60 & older</p> |
|---|--|

TEAM DIVISIONS

- | | |
|--|--|
| <p>___ 1. ADAPTIVE - at least one member with a disability</p> <p>___ 2. FIRE FIGHTER/ POLICE</p> <p>___ 3. OPEN CANOE
"Sport Chalet"</p> <p>___ 4. TANDEM KAYAK
"California Family Fitness"</p> <p>___ 5. OC-1 (outrigger canoe, 1 person)</p> <p>___ 6. INFLATABLE</p> <p>___ 7. SIT-ON-TOP
"City of Rancho Cordova"</p> <p>___ 8. CORPORATE - all from same company</p> | <p>___ 9. CO-ED - no age limitations; at least one male/female</p> <p>___ 10. OPEN MEN "Paul A. Garcia Memorial"</p> <p>___ 11. TOURING/SLALOM</p> <p>___ 12. FAMILY "Leonard Weed Memorial"</p> <p>___ 13. OPEN WOMEN - All women
"VSP Vision Care"</p> <p>___ 14. WOMEN 40+ All age 40 & older*</p> <p>___ 15. WOMEN 50+ All age 50 & older*</p> <p>___ 16. MEN 40+ All age 40 & older*</p> <p>___ 17. MEN 50+ All age 50 & older*</p> <p>___ 18. JUNIORS "Pacific Coast Building Products"
All 18 years & under* - Reduced Entry!</p> |
|--|--|

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 7/18/09 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 7/18/09 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 7/18/09 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 7/18/09 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 The Great Race®

ENTER ONLINE AT THEGREATRACE.ORG for most convenience/ instant confirmation.

Entry Fee
Postmarked by June 15 \$ _____
Postmarked by July 10.
Do not mail after July 10. \$ _____

Enter Old Spaghetti Factory Carbo Dinner/Race Day \$ _____

Old Spaghetti Factory Carbo Dinner
Adult (13 & over) meals @ \$7 each \$ _____
Children's (12 & under) meals @ \$3 each \$ _____

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 The 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 The 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 The Great Race® Committee, other participants, advertisers, owners and leasers 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. 5) Acknowledge that I have read The Great Race® rules and agree to all applicable requirements of the "Competition Rules" and all other applicable "Eppie's Great Race® information" posted on The 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 The 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 The 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 ANSI. 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 The 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 7/19/08)

I have read this release. Paddler's Signature/Date (Parent or Guardian of Minor if under 18 as of 7/19/08)

I have read this release. Cyclists' Signature/Date (Parent or Guardian of Minor if under 18 as of 7/19/08)

I have read this release. 2nd Paddler's or Guide's Signature/Date - Tandem Recreational Canoe /Kayak (Parent or Guardian of Minor (if under 18 as of 7/19/08)