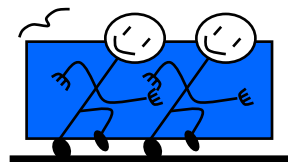
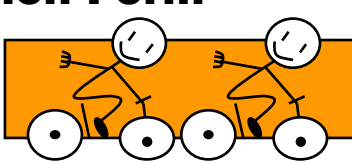
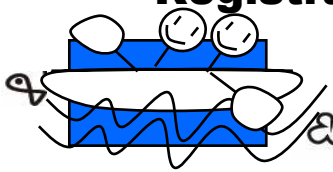


Registration Form



Presents



Little-Big Adventure Triathlon – Saturday, April 26th

WHAT: Adult/Child Team Adventure Triathlon.

WHO: Adult must be 18 & older. Children must be between the ages 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! Running Kids is proud to have Chip timing by Queen City Timing Company tracking event & finish times.

DATE/TIME: Saturday, April 26th. Transition area must be set up by 9:00am. Event begins at 10:00am.

LOCATION: Pocahontas State Park, Chesterfield County, Virginia.

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. Some great random prizes can be won by anyone after the awards ceremony. Must be present to receive the prize. **NEW THIS YEAR – HIGH TECH RACE T-SHIRTS!**

REGISTRATION: Registration Team Fee is \$85 until March 31st, \$95 until April 23rd, \$100 April 25th-26th 2008. You can download the registration form from www.runningkids.net. Send a registration form along with applicable check to Running Kids, P.O. Box 3593, Chester, VA 23831 by listed date. Make check payable to Running Kids. Credit card with secure online registration through www.raceit.com - keyword: Little Big Adventure. Online registration closes April 24th, 11:59pm. If mailing, mail before April 22nd. **No t-shirt guarantee after April 10th registration.**

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!

REVIEW IMPORTANT RACE INFORMATION ON BACK!

Full name of team participants: (please print legibly)

Adult: _____

Child: _____

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

Team Name: _____

City: _____ 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)

For more race information visit www.runningkids.net or contact Noelle Grosso at (804) 706-1038.



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 by Queen City Timing Company will track finish times.

Team Fees: \$85 through 31 Mar/\$95 through 24 April/\$100 25-26 April

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

Registration: Download registration form from www.runningkids.net. Send registration along with applicable check to Running Kids, P.O. Box 3593, Chester, VA 23831 by listed date. Make check payable to Running Kids. Credit card with secure online registration through www.raceit.com - keyword: Running Kids. If mailing, mail before April 22nd. No T-shirt guarantee after April 10th registration.

Online Registration: Closes April 24th, 11:59 PM

Payment: Check made payable to Running Kids with mailed registration; Credit Card with secure online Registration through www.raceit.com.

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!** 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 later by Total Photography at www.totalphoto1.com.

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 and cabins are available at Pocahontas State Park. For reservations call 1-800-933-PARK. More lodging information is available at www.runningkids.net.

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

Directions: From Richmond: Take I-95 South to VA 150 North/Chippenham Parkway; Travel 4 miles on VA-150N and exit Iron Bridge Road; Turn LEFT and travel South 6 miles. Turn RIGHT onto Beach Rd. Travel another 4 miles and then turn RIGHT onto State Park Road and enter Pocahontas State Park; Follow signs for parking 2 miles through the park. Please allow 30 minutes for travel time. Remember, you must be set up in the transition area by 9:00am! **Mandatory Park fee for parking is \$4 per car.** Park Address: 10301 State Park Rd, Chesterfield, VA 23832.

Packet Pick-up: Friday, April 25th, 12:00-5:00pm at Blue Ridge Mountain Sports Store at Chesterfield Towne Center Mall - 11500 Midlothian Turnpike, Richmond, VA. Saturday morning, April 26th, at the race registration shelter 7:00 am - 9:00 am ONLY.

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