

Team #: _____

ENTRY FORM
Forty Second Annual
Lexington Road & River Relay
10:00 a.m., Saturday, May 6, 2017

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
Unisex cut or Women's cut (Circle One)

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
Unisex cut or Women's cut (Circle One)

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
Unisex cut or Women's cut (Circle One)

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
Unisex cut or Women's cut (Circle One)

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 mile
Running leg

Print Name: _____

Street Address: _____ city/state/zip: _____

Telephone: _____ Age _____ Gender: M F T-shirt size: S M L XL XXL
Unisex cut or Women's cut (Circle One)

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, distributees and Assignees 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 2014 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 3, 2017; \$125.00 per team after April 3, 2017. Individual participants, \$35.00 through April 3, 2017 or \$45.00 after April 3, 2017. *****Only entries received prior to April 3, 2017 are guaranteed a t-shirt. Entries received after 4/4/16 are NOT guaranteed a t-shirt. *****

Make checks payable to: Lexington Sunrise Rotary Club Foundation
Mail registration and fee to: Lexington Sunrise Rotary Club
P.O. Box 63
Lexington, VA 24450

Forty Second Annual
Lexington Road & River Relay
10:00 a.m., Saturday, May 6, 2017

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 Grace Crickenberger at 540/464-3283 (work day) or e-mail her at gcrickenberger@gmail.com or call Clay Devening at 540/463-6090 (evenings) or e-mail him at drclay49@gmail.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 6, 2017. 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 a.m. 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 Jordan's Point. Jordan's Point is located on the south bank of the Maury River just west of the Maury River Bridge.

Registration . see entry form above.

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 2016 race results, go to the Road and River Relay tab at www.sunriserotarylexva.org.