



**Cresco Fitness Center's**  
**2023 SPRINT DUATHLON**  
**Registration Form**



**Who:** Any Individual or 2 Person Team (one completing the run & other completing the bike)

**What:** Sprint Duathlon- 5K run & 10K bike ride

**When:** Saturday, May 13, 2023 - 9:00 a.m.

**Where/Route:** Race starts at the Cresco Fitness Center and proceeds East on 3<sup>rd</sup> Ave to utilize the Crestwood High School Parking Lot to gain access to the Prairie Farmer Recreational Trail. From there you will follow the recreation trail, cross Highway 9, and continue to the turn-around point (different turn-around points for both the run and bike portions), with both legs returning/finishing at the Cresco Fitness Center.

If you have any questions please contact the Cresco Fitness Center:

563-547-3443

[fitnesscenter@cityofcresco.com](mailto:fitnesscenter@cityofcresco.com)

**Registration Forms:** May be picked up & dropped off at the CFC or printed and mailed.

Please mail registration forms to the Cresco Fitness Center.

**Payments:** Checks or Cash Only! Please make checks payable to "Cresco Fitness Center" with memo "CFC Sprint Duathlon".

Cresco Fitness Center Address: 316 3rd Ave E, Cresco IA 52136

**\*Please Note\*** Registration cost increases after May 1<sup>st</sup>!

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Name \_\_\_\_\_ Gender \_\_\_\_\_  
Address \_\_\_\_\_ Age \_\_\_\_\_  
Email Address \_\_\_\_\_ Phone # \_\_\_\_\_

Name (use for teams) \_\_\_\_\_ Gender \_\_\_\_\_  
Address \_\_\_\_\_ Age \_\_\_\_\_  
Email Address \_\_\_\_\_ Phone # \_\_\_\_\_

Team Name: \_\_\_\_\_

\_\_\_\_ Individual -\$30 (**\$40 after May 1**)

\_\_\_\_ 2 Person Team -\$60 (**\$80 after May 1**)

\*All registrations received by **May 1** will get a CFC Sprint Duathlon T-shirt.

Women's: \_\_S\_\_ M \_\_L\_\_ XL \_\_XXL Men's: \_\_S\_\_ M \_\_L\_\_ XL \_\_XXL

**Please indicate how many at which sizes for teams.**



The purpose of the Cresco Fitness Center Sprint Duathlon is to encourage and promote healthy and active living.

The Cresco Fitness Center's goal is to provide our community with fun and varying activities for you and your family to enjoy while staying physically active!

This is a fun, recreational, and family event that also provides a competitive atmosphere!

We will allow individuals or teams of 2 to participate, but each leg must be completed fully.

Packet pick-up and same day registration will be from **8:00-8:45am**.

Shirts are not guaranteed for same day registration.

Medals will be awarded to the top three individual male, female and team finishers.

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I hereby assume full responsibility for any risk, implicit or direct, in connection with participation in any activities at the Cresco Fitness Center. I acknowledge that I have received advice from my doctor that I am capable of physical activity such as that provided, or that I will seek advice, or that I assume the risk of proceeding without such advice. I further acknowledge that I have been informed that if I have a history of heart disease that I should consult a physician before proceeding with the agreement.

I hereby waive, release, and forever discharge the Cresco Fitness Center, its employees, and the City of Cresco, and all others from any and all responsibility or liability from:

~injuries ~illnesses ~damages resulting from participation ~or loss of personal property while participating in any activities at the Cresco Fitness Center whether indoors or outdoors, supervised or unsupervised. I declare that I have read, understand, and agree to the contents of this Waiver of Liability Statement in its entirety.

By enrolling/registering myself or child in a Cresco Fitness Center event, I am consenting to the use or reproduction of myself or my child's likeness, name, artwork, design or creation on any promotional materials, schedules, or other printed or electronic media, including dissemination by electronic means.

Print name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature (for participants under 18 years) \_\_\_\_\_

Print name: (if racing in teams) \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature (for participants under 18 years) \_\_\_\_\_