



# Danville Regional MEDICAL CENTER

**Sponsors**

**1st Annual**

## LIONS' ROAR

**OFF - ROAD DUATHLON**



*Presented by:*

**Danville YMCA**

**&**

**Danville Host Lions  
Club**

**October 16th, 2010  
Anglers Mountain Trail  
9am**

NO POSTAGE  
NECESSARY  
DANVILLE, VA  
PERMIT 53

## REGISTRATION

### PLEASE PRINT

*(Illegible and incomplete applications will not be accepted)*

Name

Phone

Address

City

St

Zip Code

Age as of October 16th, 2010: \_\_\_\_\_

Sex:  M  F

T-shirt Size:  M  L  XL

*Register early to assume getting a T-shirt*

I hereby declare that for myself and my heirs and executors that I will hold blameless the YMCA and all sponsors for any injury that may befall me as a result of my participation in the Lions' Roar Off-Road Duathlon Race. I furthermore certify that my physical condition is Adequate to allow me to participate in an event of this strenuous nature.

Signature (Parents Signature if under 18)

Date

**MAKE CHECK PAYABLE TO  
DANVILLE YMCA**

RUN / BIKE / RUN SOLO : \$35

RUN / BIKE / RUN 2 MAN : \$45

Register after Oct.. 8th: \$5 late fee

**Register Online:**

[www.sportoften.com/events/eventDetails.cmf?pEventId=6077](http://www.sportoften.com/events/eventDetails.cmf?pEventId=6077)  
[www.active.com/more-sports/danville-va/lions-roar-offroad-duathlon-2010](http://www.active.com/more-sports/danville-va/lions-roar-offroad-duathlon-2010)

DANVILLE YMCA  
810 Main Street  
Danville, VA 24541

**1st Annual LIONS' ROAR  
OFF - ROAD DUATHLON**



**In Conjunction with  
YBQ Dinner & Dance**

# LIONS' ROAR

## SPONSORS

*Michelob*  
ULTRA



*powers*  
SIGNS

Since 1946



**RoadID**

It's Who I Am.®

# OFF ROAD

## SATURDAY, OCTOBER 16TH, 2010 - 9am

Entry Fee: Before Oct. 8th:

\$35 - Run/Bike/Run solo

\$45 - Run/Bike/ Run 2 Man

Register after Oct. 8th: \$5 late fee

Eligibility: Solo- 1 person run/bike/run  
2 Man Team - 1 person run- 1person bike  
(Runners & Bike Riders of all SPEEDS)

**Race Begins: ANGLERS MTN TRAILS**

**Race Ends: GRAVEL PARKING LOT**

Entree Fee Includes:

T-Shirt to the first 50 to sign up.

Aid station, Post race Refreshments.

Discounted admission to YBQ.

All Proceeds go to Danville YMCA &

Danville Hosting Lions Club

**Awards Given:**

**First Three Overall**

(Male & Female) Finishers

**In each age group- First 3 masters**

(Male & Female).

**First 3 in following age groups**

10-19, 20-29, 30-39, 40-49,

50-59, & 60 +

**NO duplication of overall & age group awards.**

### REGISTRATION & PACKET

FRIDAY (OCT 15th)

5pm - 7 pm (YMCA)

SATURDAY (OCT 16th)

6:30am - 8:30am (ANGLERS MTN TRAILS)

# DUATHLON

*All participant may shower @ the YMCA as long as Race Bib is shown @ front desk.*

**Register Online:**

[www.sportsoften.com/events/eventDetails.cmf?pEventId=6077](http://www.sportsoften.com/events/eventDetails.cmf?pEventId=6077)

[www.active.com/more-sports/danville-va/lions-roar-offroad-duathlon-2010](http://www.active.com/more-sports/danville-va/lions-roar-offroad-duathlon-2010)

**RACE COURSE:**

Both legs of the run will be on the Green Loop.  
The bike course will be on Crooked Stick.

Trail Map available at:

[www.svmba.org/TRAIL\\_MAPS.htm](http://www.svmba.org/TRAIL_MAPS.htm)

*YBQ Dinner & Dance*

*Saturday, October 16th*

*Time: 6pm - 10pm*

*Location: Danville Community Market*

FOR MORE INFORMATION:

WES SPIVEY @ DANVILLE YMCA

434.792.0621

or

LINDA POWERS, DANVILLE HOST

LIONS CLUB

434.489.7885

**Hosted by:**

**Danville YMCA &**

**Danville Host Lions**

**Club**



Other Sponsor: Danville Parks & Recreation