

SUNDAY, APRIL 30

9:00 AM START

NEW LONDON  
HIGH SCHOOL

REGISTER BY  
APRIL 13

### AGE DIVISIONS

**Ages 5-6** **Ages 7-8**  
**Ages 9-10** **Ages 11-17**



\$15 per child or  
\$55 for Triple Crown  
+\$10 for USAT membership if needed (1 time yearly fee which covers all events)

# PROUD TO "DU" IT

## YOUTH DUATHLON

### RUN - BIKE - RUN EVENT

Can you run and ride a bike?

Are you looking for a new challenge?

We have different distances for each age group. This is a family friendly event where we encourage all abilities to enter and complete the course. Timing splits will be recorded for all 5 areas and medals will be awarded to every finisher. Music and food will follow. Everyone will run and bike on closed roads/trails. Training wheels can be used. Helmets are required for all. This is one of three events to earn a special "Triple Crown" prize if you compete in all three this summer! Trophies for the top three male and female participants in each age group (5-6; 7-8; 9-10; 11-12; 13-14; 15-17). RFID timing by Time to TRI. Register by April 13 to guarantee race t-shirt and personalized bib. Register at:

[https://runsignup.com/Race/CT/  
NewLondon/ProudtoDUIt](https://runsignup.com/Race/CT/NewLondon/ProudtoDUIt)

Triple Crown Registration \$55 + USAT membership  
Norwich Splash and Dash 6/17; Proud to TRI 9/9

### DISTANCES

Ages 5-6 Run .5 miles Bike 1 mile Run .5 miles

Ages 7-8 Run .7 miles Bike 1 mile Run .7 miles

Ages 9-10 Run .7 miles Bike 2 miles Run .7 miles

Ages 11-17 Run 1 mile Bike 4 miles Run 1 mile



New London Recreation  
860-447-5230



Norwich Recreation  
860-823-3791



Ledyard Parks and Rec  
860-464-9112



Groton Parks and Rec  
860.536.5680



Colchester Recreation  
(860) 537-7200



MAIL/DROP OFF FORM  
AND ENTRY FEE OR  
REGISTER ONLINE  
TO: 120 BROAD STREET,  
NEW LONDON, CT 06320

Name \_\_\_\_\_

Sex \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

City/ST \_\_\_\_\_

Shirt size: YS YM YL S M L XL

I acknowledge that I am knowingly and voluntarily participating in this activity and/or program that is conducted by or sponsored by the New London Recreation Dept, Norwich Rec, Ledyard Parks and Rec, & Groton Parks and Rec. I acknowledge there are inherent risks associated in participating in this activity or program and as such I, (and I on behalf of my minor child) hereby release and hold harmless the City of New London, the Recreation Department, Ledyard Parks and Rec, Norwich Rec, Groton Parks and Rec, and Time to TRI, their employees, elected and appointed officials and volunteers from and against any and all liability, claims, injuries and property damage that may occur. If my emergency contact cannot be reached in the event of an emergency, I grant permission to the physician selected by the New London Recreation Department to initiate, order and perform any and all emergency medical care for myself or my minor child.

\*\*Email : \_\_\_\_\_

\*\*Race instructions will be sent here as well as confirmation of registration

Signature of parent or guardian if under 18 \_\_\_\_\_ Date \_\_\_\_\_



Check if TRIPLE CROWN REGISTRATION \$55 +USAT \$10