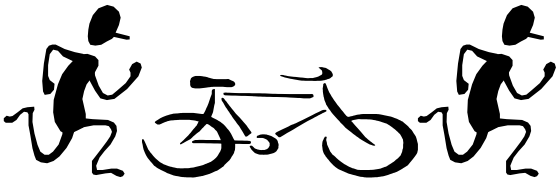

FCA/CCC proudly present:

DU-WOODY

Come out and Run-Bike-Run with the Fellowship of Christian Athletes and the Camden Cycling Club at the First Annual Woodbine Duathlon.

Who: You. High-Schoolers and older.

What: A duathlon through Camden County and along the scenic Georgia Coast Rail Trail.

Where: Packet pickup and the transition area will be at the Woodbine Ball Fields at GA 110 and Lang Ave, Woodbine, GA.

When: 8 am, April 6, 2013, Rain/Sleet/Snow (not likely, but we're doing it anyway)

Why: Gear up for this year's race season with this relatively flat duathlon.

Course: 3.4k run / 20k bike / 5k run

Fee: $40 if registration received prior to Mar 22, $45 for registration received afterwards. Registration includes a technical T-shirt. Register on-line at Active.com or drop off the bottom of this registration form and check payable to the "Fellowship of Christian Athletes" at Camden Bicycle Center prior to April 1. **We must receive your registration prior to April 1 to participate.** Exceptions may be made, but no guarantees.

Race Day: Transition area opens at 6:30am on race day. Make sure that you are set up by 7:30 am to ensure an on-time start. Prizes for Top Male and Female finishers, but all will leave with the glory of having been amongst the first to Du-Woody.

Preferred lodging near the start/finish is available. (See www.lsecgafca.org for details)

Participant: _____ Gender: M / F Birth Date: ___/___/_____

E-mail Address: _____ (We'll let you know about changes to this event, if any, and about others.)

Emergency Contact Name/Relationship/Phone #:_____/_____/_____

T-shirt: S / M / L / XL / XXL (T-Shirt guaranteed on day of event if registered prior to March 22.)

Read and sign below: In submitting this registration, I hereby make known that I will hold blameless in the case of accident, injury, or damage of any kind the Camden Cycling Club or Fellowship of Christian Athletes, its officers, members and volunteers. I recognize that physical activity is potentially dangerous, and I represent that I am a competent runner and cyclist with safe equipment. **Bicycle helmets are required during cycling events.** I understand that I participate in athletic activities at my own risk, further recognize that safety is my personal responsibility and I agree to participate in keeping this event safe. I agree to hold the club (ride, event) harmless and indemnify the club (ride, event) for all costs, judgments and awards that may be claimed including the cost to defend such claims brought by you or another in your behalf or that of others. I also understand that helmets are required while cycling during this event.

SIGNED: _____ (Parent/Guardian if under 18) Date: _____