

**The 30th Annual Fiesta Biathlon**  
Sunday, May 1, 2016, 1 PM, Greenville, NC

Proceeds benefit FROGGS  
The Friends of Greenville Greenways



Both the 5K run and 15 mile bike legs are out and back. Time and Scoring by Run the East using chips, splits will be recorded for run and bike legs, including transition split. Race starts at the intersection of Cotanche and Reade streets in Uptown Greenville, in front of the Bicycle Post, Chico's Restaurant & Jimmy John's.

Maps and more info about the Biathlon are posted at [www.Tricredibles.com/Fiesta](http://www.Tricredibles.com/Fiesta)  
Online registration available at [www.runtheeast.com](http://www.runtheeast.com)

Entry Fees: \$40 if postmarked by March 25, \$50 after and before April 17, \$60 race day,  
TEAMS \$55 if postmarked by March 25, \$65 after and before April 17, \$75 race day.

Do not mail entries after April 18, please just bring to race. T-Shirt guaranteed if registered prior to 4/18.

Awards to the top 3 Women and Men Overall and top 3 Female and Male placers in each age group.

Age Groups: 16 and Under, 17-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Team Awards - top 3 female, male, and mixed teams

Stay for the post Race Party & Awards Ceremony with FREE Mexican Food by Chico's!

Race Day Registration: The Bicycle Post Uptown, Cotanche and Reade Street, starting at 11 AM

All cyclists must wear approved helmet

Event questions contact: Lizz Nelson & Katie Sheets, [fiestabiathlon@yahoo.com](mailto:fiestabiathlon@yahoo.com), 252.414.9102

Make checks payable to FROGGS and mail to Katie Sheets, 2624 Brookridge Circle, Greenville, NC 27858

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Name \_\_\_\_\_ DOB \_\_\_\_\_ Age on 5/1 \_\_\_\_\_ Sex M F

Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work \_\_\_\_\_ T-shirt Size \_\_\_\_\_ Email \_\_\_\_\_

Entering as Individual \_\_\_ Team \_\_\_ Team Name \_\_\_\_\_ If Team, (circle) Run or Bike Leg

Amount Enclosed \$ \_\_\_\_\_ If entering as a team, please include registration forms and payment for both members.

NO animals, skates or bicycles are allowed in the 5K run in the interest of safety. Race chairs and strollers are allowed. Portable music players are not allowed during this event and racer will be disqualified.

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**WAIVER**  
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In consideration of being permitted to participate in the 30th Annual Fiesta Biathlon, I and my family, estate, heirs, personal representatives, and/or assigns do hereby release, waive, forever discharge, and covenant not to sue the organizers, FROGGS, Bicycle Post, Chico's, Tricredibles, Run the East, City of Greenville, Pitt County, its/their governing board(s), officers, agents, employees and/or volunteers, from and against any and all liability for any harm, injury, damage, claims, demands, actions, causes of action, costs, and/or expenses of any nature that may be sustained by me as result of my participation in the Fiesta Biathlon. I have signed this Waiver in full recognition and appreciation of the dangers, hazards, and risks of road races, which may include but are not limited to, serious or even mortal physical injuries and/or property damage. By signing, I attest that I am in sufficient physical condition to safely participate in the biathlon on May 1, 2016, and that I assume full responsibility for my own safety during all portions of the event. I also attest that I have read and understand all details of this Waiver, and agree to obey law enforcement officers and abide by the restrictions listed above.

Signed \_\_\_\_\_ Date \_\_\_\_\_

Parent or Guardian if under 18 \_\_\_\_\_ Date \_\_\_\_\_