

Fast Bastards Duathlon

Hosted by the Kamloops Ridge Runners

Fast Bastards Duathlon promises to be fast and fun, with great food and prizes to follow!

Where: Dallas Elementary School – Dallas Drive & Harper Dr. Kamloops, BC.
(Off of the E. Trans Canada Highway)

Race Route: 5.5k flat and fast run loop, 35k out and back cycle along Dallas Drive to Monte Creek, same 5.5k run loop to finish.

When: Sunday, June 21, 2009, 9:00 am start.

Registration:

- Spoke 'N Motion - 194 W Victoria St., Kamloops, BC
- Runners Sole # 74 – 1395 Hillside Dr. Kamloops, BC
- www.ridgerunners.bc.ca

Registration and package pick-up Friday June 19th, 4:00 pm – 6:30 pm and Saturday June 20th, 1:30 – 5:30 pm at Spoke 'N Motion.

Late registration and package pick-up June 21 at Dallas Elementary School until till 7:30am.

How Much: \$40 single + \$15 insurance for non Tri BC member. \$35 each for a team of two or three + \$6 insurance for each non Tri BC member. Day of race late registration add \$15 to entry fee.

Awards: First, Second and Third place Awards for each age category, (Male and Female - 10 year increments). First, Second and Third place awards for the Team category.

What Do I Get For My Money? Besides a great race and awards, you'll get a fun-filled day of music, awesome food at the post-race Lunch, and a chance to win some great prizes

**For More Information Contact Jasper Willisko at
250-372-2783 or willisko@shaw.ca**

**Mail in Entry Forms
Online at www.ridgerunners.bc.ca**