

About the Biathlon

**3rd Annual
Krysilis Biathlon
Saturday, April 24,
2010**

Get Fit Divisions:

(Men, Women & Teams of 2)

15 mile bike & 5K run

1st Place Awards for all Divisions:

Family Rec Division:

3 mile bike & 1 mile run/walk

1st Place Awards

A “Biathlon” is an athletic competition comprised of any two consecutive events.

In support of “Get Fit Nevada”, Krysilis will be holding its 3rd Annual Biathlon as an additional way to help promote a healthy lifestyle. The Krysilis Biathlon is a cooperative effort between the Nevada Parks & Rec Dept., Nevada Chamber of Commerce, Nevada Police Dept. and Krysilis to promote community wellness.

Helmets Required for all bikers.



Registration Information

Early Registration Entry Fee:

\$30 Individual (includes event t-shirt)

\$40 Team of 2 (includes event t-shirt for each team member)

\$5 discount per individual or team if participants in Get Fit Nevada/Live Healthy Iowa

\$15 Family Rec Division (includes all family members & water bottles for each)

Early Registration Deadline: April 5th

Day of Race Registration Entry Fee:

Individual - \$35 (t-shirt if available)

Team of 2 - \$45 (t-shirts if available)

Family Rec - \$20 (water bottles if available)

Check In:

Saturday, April 24, 2010

221 South 11th Street—Nevada Krysilis Office

Get Fit Division: 11:15 - 12:15pm

Start Time: 12:30 p.m.

Family Rec Division: 9:45 - 10:45am

Start Time: 11:00 a.m.

Note: In case of inclement weather, the event will be rescheduled.

Additional t-shirts are available for \$10 each. Please include quantity, size(s) and correct fee.
T-Shirts must be pre-ordered no later than April 5th

Get Fit Division Registration

Name: _____

Address: _____

Phone: _____

Email: _____

If you are registering as a team, please provide team members name, address & phone on backside of this application.

In case of emergency notify: (include phone #)

Circle One:	Men	Women	Team of 2
	\$30	\$30	\$40

T-Shirt Size:

 S M L XL 2XL 3XL

Additional T-Shirts \$10 each

Live Healthy Iowa/Get Fit Participant:

Yes or No

If yes, deduct from registration -\$5

Amount Enclosed: _____

(please make checks payable to Krysilis)

By entering this event, I/we waive and release any and all claims for damages against Krysilis and verify that I/we am/are physically capable of competing in this event.

Signature(s):

(If under 18 years of age, parent signature required)

Family Rec Registration

Family Name: _____

Address: _____

Phone: _____

Email: _____

Include name and ages of all family participants

In case of emergency notify: (include phone#)

Family Registration \$20

T-Shirts (if desired) \$10 each

 S M L XL 2XL 3XL

Amount Enclosed: _____

(please make checks payable to Krysilis)

By entering this event, I/we waive and release any and all claims for damages against Krysilis and verify that I and my family members are physically capable of participating in this event.

Signature:

(Parent)

Sponsored by:

Platinum Sponsor

Sam's Club

Gold Sponsor

Cottingham & Butler

Silver Sponsors

Community Bank

Ruth Sturtz

Bean-Ranallo Group

McFarland Clinic

Bronze Sponsors

State Bank & Trust

Daniel Hobt-DDS

Hertz Farm Management

Casey's

Iowa Telecom

Gary & Sandy Nyhus

Lyle & Colleen Hansen

Susan Mersereau

Story County Medical Center

Weir's Insurance

Fitness AdvantEdge

West Financial Advisors

John & Shirley Gilmore

United Way of Story County

Frederick & Fern Parrish

Held In Cooperation With

D & D Sales

Nevada Chamber of

Nevada Family Chiropractic

Nevada Parks & Rec Dept.

NuCara Pharmacy

Nevada Police Department

Krysilis is a nonprofit organization that enhances the lives of individuals with intellectual and physical disabilities by providing personal and vocational services that foster independence.



3rd Annual Bike/Run Biathlon

April 24, 2010



Krysilis