

2nd Annual

# Up-side-down-Du

## Off-road duathlon Bike-Run-Bike Saturday May 24th, 2008



- ❖ Mountain Bike 5 miles, Trail Run 5k, Bike 2.5miles
- ❖ Registration 8am, Pre-race briefing 9:45, Start 10am
- ❖ Lemans start - Race solo or partner up!
- ❖ Cost - \$20 Individual; \$35 Team

Prizes for 1<sup>st</sup> -3<sup>rd</sup> solo male/female and team

Camp Ingawanis  
2482 Grand Avenue  
Waverly, Iowa 50677



LAST NAME

FIRST NAME



EMAIL



STREET ADDRESS

CITY



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