

TRAINING DAY FOR ALL
THE “MEADOWS MONSTER” CHALLENGE
1st - DUAL IN THE DARK – XC 2/10/2

WHEN: April 24, 2010
TIME: 6:49 PM Start (1 hr. before sunset)
6:00 PM Check In (start line)
WHERE: Lowell Park, Dixon Illinois
Boat Ramp Concession Stand
COURSE: Run course at Lowell Park
Bike course at Park and Meadows
Entry Fee: \$0, donations are welcomed
Required Equipment: Bring your own Headlight/s or Flashlight/s
This is a MUST in order to participate

2 mile Run – 10 mile Bike – 2 mile Run (approximately)

Come Test Your XC Dual Sport Ability

Train as an Individual or as a Team

Fat shoes and Fat tires Recommended

This is a 100% Fun Event: No Charge

Course terrain for event: Pavement, Gravel, Dirt, and Grass.

Water & Gatorade available at transition area. Snacks will be at the finish line.

**Come out, have some fun, and see how long it takes to
Chase the Meadows Monster**

This event is being put on as just a normal workout. The twist is the opportunity to have a training day with a group instead of by your self. As we all know it is better fighting the mileage as a group then by your self. So here is the chance to train and challenge each other but most of all support each other at the same time.

RACE DAY REGISTRATION ONLY, NO PRE REGISTRATION REQUIRED
PLEASE BRING THIS REGISTRATION FORM WITH YOU ON THE EVENT DATE!!!!!!!!!!

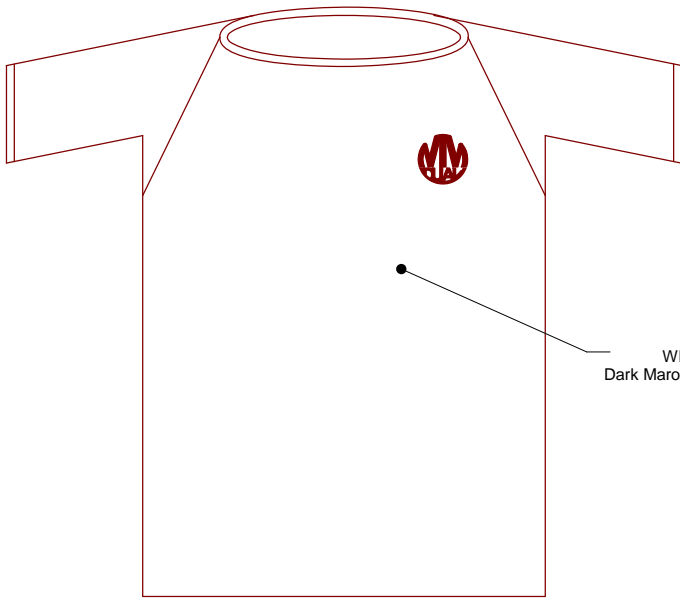
NAME: _____ AGE: _____ MALE or FEMALE (Circle One)

ADDRESS: _____ CITY/STATE: _____ ZIP: _____

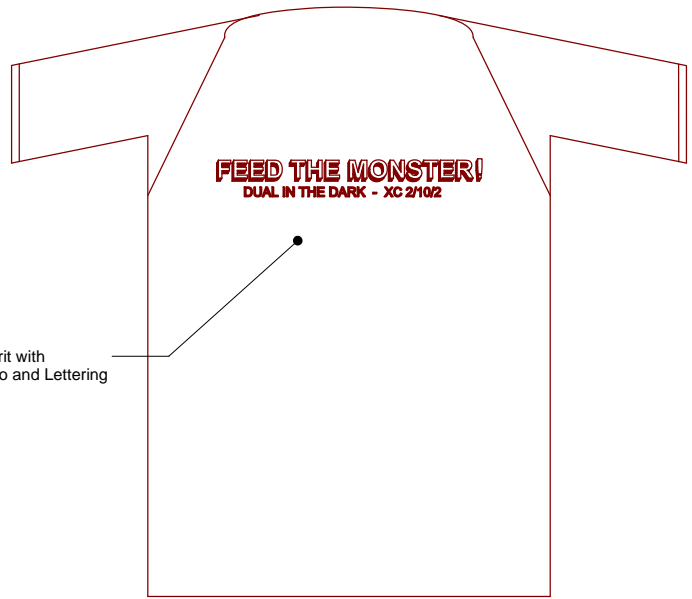
EMAIL ADDRESS: _____ (FOR RACE RESULTS)

SHORT SLEEVE T-SHIRTS BY WICKIFY WILL BE SOLD AT THE EVENT COMMEMORATING THE CHASE. IF YOU WOULD LIKE TO HAVE YOURS ON RACE DAY, PLEASE PRE ORDER USING THIS FORM VIA A RETURNED E-MAIL by APRIL 15, 2010. (kthrnd@yahoo.com)

SIZE / QUANTITY M _____ L _____ XL _____ ? _____ ALL SIZES \$15 PER SHIRT.



FRONT



BACK

White Shrit with
Dark Maroon Logo and Lettering



Front Artwork

FEED THE MONSTER!
DUAL IN THE DARK - XC 2/10/2

Back Artwork