

Orono High School Presents

2009 GoActive! Dirty Duathlon



When: Sunday, October 18, 2009

Where: Orono High School's Sports Complex

Registration: 12:00-1:00pm

Kid's Short Course—\$5 Individuals only

Challenging Long Course—\$10 per Individual or \$15 per 2-Person Team

Start: 1:15pm Kids Short Course, ~2:00pm Long Course

Short Course: Total Distance ~1.4 miles

Kids under 12 will utilize the trail that goes around the football/track complex.

They will run the loop once, ride it twice, then run 300m up on the track.

(Parents/guardians of short course kids must be present at the race.)

Long Course: Total Distance ~7.75 miles

Participants in the long course will utilize a challenging 1.5 mile loop that combines the trail around the football/track complex with a hilly woods trail. Run the loop once, ride it three times, run it again (plus 400m on the track).

REGISTRATION forms are available at the front desk of the high school, or they may be downloaded from the high school's co-curricular webpage:

<http://www.orono.u87.k12.me.us/OHS/OHScocurricular.htm>

Please mail the registration form and a check for the appropriate fee (made out to Orono High School) to:

Orono High School, Attn. Jeff Owen
14 Goodridge Drive
Orono, ME 04473

On-site registration will be allowed.

Questions? Contact Jeff Owen at 866-2348 or jcowen_01@yahoo.com