

2022 WINDMARK BEACH THANKSGIVING FUN DUATHLON

SATURDAY, NOVEMBER 26th - 9:00 a.m.

Windmark Beach

Port St Joe, Fl

The Duathlon is a 1 mile run (jog/walk) beginning at the south end of the main WindMark boardwalk, proceeding east to the park and then turning back to the cart path west to the transition area at the base of the View Restaurant. The bikes will be staged here and participants will ride down the paved walk path to the wide cart path, riding west through WindMark, through St Joseph Shores and then along the closed portion of former scenic hwy 98. The turnaround is at the end of scenic 98 returning to the bike drop off under the WindMark Boardwalk Bridge and beginning the last 1 mile run (jog/walk). Proceeding east along the wide cart path to the park, down to the beach and then west along the beach, finishing on the base of the WindMark Boardwalk.

Personal information

Last Name _____ . Street Address _____

First Name _____ . City _____

Check one Male _____. Female _____

Phone _____ . Date of birth _____

Race day age _____. Email address _____

Shirt size (S, M, L, XL, 2 XL) _____

I have read and understand the rules for the event. I understand that I must have a signed WindMark Beach Thanksgiving Fun Duathlon assumption of risk waiver form. I understand that children 18 and under must have this waiver signed by a parent.

Registration on the day of the race will begin at 8 AM. Pre-registration is encouraged and is available on line and at Fit as a Fiddle. The race will begin promptly at 9 AM.

Entrants who pre-register by October 25th , will receive a commemorative T-shirts. Entrants registering on the day of the race will receive a T-shirt if available.

Race fee for entrants registering by October 25th is \$25

Race fee for entrants registering after October 25th is \$35

Certificates and recognition to all 1st, 2nd and 3rd place finishers in your respective age groups.

Registration forms and waivers can be accessed on line by going to fitasafiddlefitness.com. Entry fees can be processed through Venmo or Cash App. When paying by check, please make checks payable to Fit as a Fiddle and drop off the completed registration form, waiver and check to Fit as a Fiddle 110 Good Morning Street, (WindMark Beach downtown).

For additional information contact race coordinator - Dana Black at Fit as a fiddle

Race rules

Helmets are mandatory for the bike. Straps must be fastened before you get on the bike and unfastened only when completely off the bike. No drafting is allowed on the bike. Please allow three bike lengths between you and the next person in front except when passing. The bike turnaround area is limited in space. You must slow to a near stop to complete the turnaround. When entering and proceeding on the course, please stay on the right side of the road of the cart path and road. Mount and dismount bicycles from the indicated mount and dismount area. No headphones or other music players are allowed during the race.

Parent or Guardian Signature

Date
