



ROPE MILL



DIRTY DUATHLON AND 3.3 MILE TRAIL RUN

October 22, 2016

Please Select Category:

Individual:

- Beginner Female
- Intermediate Female
- Expert Female
- Beginner Male <40
- Beginner Male 40+
- Intermediate Male <40
- Intermediate Male 40+
- Expert Male <40
- Expert Male 40+
- Clydesdale (200+ lbs)
- Singlespeed Open
- 50+ Open
- Junior Open (Under 18)
- 3.3 Mile Trail Run

Team Relay:

- 2 Person Male
- 2 Person Female
- 2 Person Coed
- 2 Person Junior
(children under 18)
- 3 Person First Timer

Solo, Team Captain, or 3.3 mile run participant information:

Name: _____ Age on Race Day: _____ Birthdate: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Email: _____ Phone: _____
 Emergency Contact Name and Phone: _____
 Shirt Size: Unisex XS S M L XL XXL / Womens S M L (All participants receive shirt, limited sizes after 10/8)

Teammate Information: (leave blank if solo racer)

Name: _____ Age on Race Day: _____ Birthdate: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Email: _____ Phone: _____
 Emergency Contact Name and Phone: _____
 Shirt Size: Unisex XS S M L XL XXL / Womens S M L (All participants receive shirt, limited sizes after 10/8)

Teammate Information: (leave blank if solo racer, 3 person first-timer only)

Name: _____ Age on Race Day: _____ Birthdate: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Email: _____ Phone: _____
 Emergency Contact Name and Phone: _____
 Shirt Size: Unisex XS S M L XL XXL / Womens S M L (All participants receive shirt, limited sizes after 10/8)

Please note: The registration deadline to guarantee shirt size is October 8th. If you register after October 8th you will receive a shirt, however limited sizes may be available.

Race Entry Fees:

Individual:

On or Before Oct 1st, \$45
After Oct 1st, \$50

2 Person Team Relay:

On or Before Oct 1st, \$70 (per team)
After Oct 1st, \$80 (per team)

3 Person Team Relay:

On or Before Oct 1st, \$100 (per team)
After Oct 1st, \$115 (per team)

3.3 Mile Trail Run

On or Before Oct 1st, \$30
After Oct 1st, \$35

All mail in entries must be received by Wednesday, October 19th, 2016. There will be no race day registration. Limit of 300 racers.

Please make checks payable to MOUNTAIN GOAT ADVENTURES, and mail completed Entry Forms to:

Mountain Goat Adventures
1060 Transart Parkway
Canton, GA 30114

All racers must sign waiver at race check-in

Awards presented to the top 3 overall male and female as well as the top 3 in each category

Please visit www.mountaingoatadventures.com/ropemill for directions, schedule, course maps, and additional event details.

