

16th Annual “Iron Horse” Duathlon, 5K & 1K

Saturday, May 27, 2017
7:30 am – 5K and Duathlon
8:30 am – 1K Fun Run
Downtown, Parsons, KS

The Course:

The entire course is flat and will be marked. The Duathlon will consist of a 5K run, 20-mile bike and finish with a 5K run. The bike portion will proceed west on Main towards the old Hwy 400, parallel to the new super Hwy 400. The entire course is pavement, and well-marked. Although the course is open to traffic, Parsons City Police and Fire personnel, along with race volunteers, will be stationed at the course turns and intersections. All participants should be observant and careful as usual. All events are chip timed except for the 1 K Fun Run.

Rules:

1. An entrant may not transfer his/her entry.
2. All bike participants are required to wear a helmet.
3. Two Person Team participants, one persons is the designated runner, the other is the biker.
4. Participants are required to have their race number visible at all times.
5. Once the event has begun, only bikers are allowed in the bike staging area.

Awards:

Plaques for First place Male and Female in both races. Custom Medals will also be awarded in the following age groups for men and woman:
0-13, 14-19, 20-29, 30-39, 40-49, 50-59, 60+

1K Fun Run participants will receive a finisher's medal and t-shirt. This event is not timed.

Awards presentation will take place immediately following each of the two events. Results will be posted at www.ozendurance.net

Runners Comforts:

Water will be furnished before, during and after the race. Fruit and other snacks will be provided for entrants after the race. Showers will be available at the Parsons Recreation Center, 200 S Heacock after the race.

16th Annual “Iron Horse”
Duathlon, 5K &
c/o Bank of Parsons
Melissa Morris
Po Box 1089
Parsons KS 67357

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Downtown Parsons KS

www.katydays.com

IRON HORSE REGISTRATION FORM

One person per entry form. If competing as a team, please fill out an entry form per person. Photocopies are acceptable.

Name (Last, First) _____
Street _____
City _____ State _____ Zip _____
Age on Race Day _____ DOB _____
Sex: Male Female Phone (____) _____ - _____
Email _____

Race Entered

Duathlon 2 Person Duathlon 5K Run 1K Fun Run

Shirt Selection

Small Medium Large XL XXL
 Youth Small Youth Medium Youth Large Youth XL

Entry Fee

Individual Duathlon...\$30 Team Duathlon...\$45
5K...\$15 1K...\$12

Total enclosed (checks payable to Katy Days) \$ _____
Mail to: Iron Horse Duathlon & 5K, c/o Bank of Parsons,
Melissa Morris, PO Box 1089, Parsons, Kansas 67357

Waiver of Liability

I know that running a road race is a potentially hazardous activity. I know that I should not enter and run unless I am medically able and properly trained. Knowing these facts, and in consideration of your accepting my entry, I hereby for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue, and waive and release and discharge any and all race sponsors, officials, volunteers, local and state police including any and all of their agents, employees assigns or anyone acting for or on their behalf from any and all claims or liability for death, personal injury, property damage of any kind or nature whatsoever, foreseen or unforeseen, known or unknown. Applications for minors accepted **ONLY** with a parent or guardian's signature.

Signature _____ Date _____
Signature _____ Date _____
Parent or Guardian's signature if under 18 years

The Iron Horse Duathlon, 5K, and 1K Fun Run are part of the Katy Days Celebration.

Registration:

Early Packet Pick-up

Friday, May 26 at Forest Park (Broadway & Heacock) at 4:30 – 6:30 PM at Iron Horse Tent next to the Bleacher Gear tent. Race Day registration will be available. Saturday morning packet pickup and registration will begin at 6:30 AM for all events.

Sign up by May 15th to be guaranteed a t-shirt.

Registration

Individual Duathlon...\$30	Team Duathlon...\$45
5K...\$15	1K...\$12

Online Registration is available at the following websites:
<http://www.active.com/orgs/katy-days>
<http://www.localraces.com>

~ Sponsors ~

- Bleacher Gear.....5K and Duathlon
- Labette Health.....1K Fun Run
- Bank of Parsons.....1K Fun Run

Directions:

Parsons is located in SE Kansas just off Hwy 400. There are five exits off 400 to Parsons (the exits are on the North side of Parsons, roughly one mile from Main Street). The Iron Horse Duathlon and 5K Run will start and end at the Commercial Bank parking lot at the corner of Central and Main Street on the west side of downtown Parsons.



Parking:

There will be ample parking in the area around the race. There will also be plenty of area for spectators to watch near the transition area.

Lodging:

This event is held in conjunction with Katy Days, the annual festival celebrating the Railroad Heritage of Parsons. If you are from out of town, please keep this in mind and try to book your hotels early. Area hotels include:

- Best Western, Parsons.....(620) 423-0303
- Rodeway Inn & Suites, Parsons.....(620) 421-6126
- Guest House – Canterbury Inn, Parsons.....(620) 421-5000
- Super 8, Parsons.....(620) 421-8000
- Land of Ah's Motor Inn, Erie (15 mile N).....(620) 421-5231

For any other questions about Parsons and the surrounding area, feel free to contact the Parsons Area Chamber of Commerce at (620) 421-6500 or chamber@parsonschamber.org or www.parsonschamber.org.

Race Day Misc.:

Walkers are WELCOME! Pets are not. On race day, the west half of Central will be closed from Washington Street to Main Street, and the most Northern Lane of Main Street will be closed from Central to 21st Street. Races will be chip timed except the Fun Run.

The race will go rain or shine, only lightening or severe weather will cancel the race. There will be **no refunds**. The information line on race day will be (620) 423-2253.

Send completed forms to:
Iron Horse Duathlon, 5K & 1K
c/o Bank of Parsons
Melissa Morris
Po Box 1089
Parsons, Kansas 67357



Make checks payable to Katy Days
Questions can be emailed to mmorris@sekbank.com
Or visit us at our Facebook page <https://www.facebook.com/Katy-Days-Iron-Horse-Duathlon-5K-1K-Fun-Run-263143270524647/>