



“WOOKIEE OF THE YEAR”

YOUTH DUATHLON

May the Fourth, 2025

This is roughly a 5k event. A bit less than a 2 mile bike ride on road followed by a bit less than a 1 mile run on a paved path. The top three competitors earn prizes and the title: “Wookiee of the Year.”

Each participant must fill out this form and have their guardian sign the waiver at the bottom.

\$20 paid to the QR code. This covers the cost of T-shirts and snacks.

Event details: May 4, 2025. Check in at 8:30am. Race begins at 9am. Race begins and ends at the south pool parking lot in the Forest Lakes neighborhood.

If you need additional information please contact: Beth Rapp:
bethhooked@gmail.com Forms can be emailed to Beth Rapp or dropped in the mailbox at 2558 Aspenwood Rd.

Participant Names:

Child _____ Age: _____

Shirt size: YS YM YL Adult S Adult M Adult L

Child _____ Age: _____

Shirt size: YS YM YL Adult S Adult M Adult L

Name of guardian _____

Signature of guardian _____

Phone #: _____

Release of Liability

In consideration of my participation in the Wookiee of the Year Youth Duathlon on 4 May 2025.

I, _____, hereby make known that I will hold blameless in the case of accident, injury, death or damage of any kind the organizers, landowners, volunteers, trail builders and other participants of the event, including but not limited to: Blue Ridge Cyclery Event Promotions LLC, Beth Rapp, Forest Lakes Community Association and their members, agents, servants, employees, officers, directors and volunteers. On behalf of myself, spouse, heirs, estate and assigns I hereby release :Blue Ridge Cyclery Event Promotions LLC, Beth Rapp, Forest Lake Community Association and their members, agents, servants, employees, officers, and directors and volunteers, from and all liability, actions, claims, demands or suits which I now or may hereafter have arising out of personal injuries, death, or other damage which may be a result of any accident, casualty or event which may occur during this event. I recognize that bicycling, running and bicycle racing is potentially dangerous, and I represent that I am a competent cyclist with safe equipment and that I am physically fit. I understand that I participate in the Wookiee of the Year Youth Duathlon voluntarily and at my own risk. I further recognize that safety is my personal responsibility, and I agree to indemnify: Blue Ridge Cyclery Event Promotions LLC, Beth Rapp, Forest Lakes Community Association and their members, agents, servants, employees, officers, directors and volunteers from all costs, judgments and awards that may be claimed including the cost to defend such claims brought by me or another on my behalf or that of others. I understand that helmets and other appropriate protective equipment are required for the Wookiee of the Year Youth Duathlon. I acknowledge that the course for the Duathlon is potentially dangerous and deadly and acknowledge that I am willingly and voluntarily taking on this challenge with full knowledge of this hazard. Should any portion of this release be found non-enforceable, the remainder shall remain valid and intact. I certify that I am of sound mind and judgment and capable of entering into this legal agreement including all age and guardianship requirements:

This waiver is governed by the laws of the Commonwealth of Virginia.

Signature: _____

Date: _____

Parent or Guardian's Signature

(If under 18 years of age): _____

Date: _____