

2010 NAS Grosse Ile Duathlon



Date: (Saturday) May 22, 2010

Start Time: 8:00AM

Location: Grosse Ile Airport, Grosse Ile, Michigan

Benefits: NAS (Naval Air Station) Grosse Ile Memorial Fund

Distances: 1st leg – 3.1 Mile Run
2nd leg - 15 Mile Bike
3rd leg – 3.1 Mile Run

Individual:	1/01 thru 1/30: \$40	1/31 thru 5/1: \$50
Relay Team Member:	1/01 thru 1/30: \$35	1/31 thru 5/1: \$45
Add \$10 after May 1, 2010		
USAT non-members require a \$10 daily license		

The run course is flat, fast and closed to vehicle traffic. Surfaces vary from concrete to grass as you pace yourself down airport runways and through the adjacent nature area. The bike portion of the race is held on airport runways, taxiways and residential streets of Grosse Ile. The bike course is gently rolling and fast. Views of the Detroit River, Lake Erie, Canada, Detroit skyline and waterfront homes are fantastic.

Run/Bike as an individual or part of a 2 person relay team.

There'll be shirts, goodie bags, raffle and after race meal for participants.

Bring your cheering section, there will be plenty for them to do and see while you are on the race course. Tours will be given of the historic airport facilities. The NAS Grosse Ile Museum in Township Hall will be open as will the airport observation deck. Businesses on and around the airport will be hosting open houses.

Additional information at: www.grosseileairport.com/rests.htm and www.3disciplines.com

Sign up at: www.active.com or download manual registration form at www.3disciplines.com