

GOLDEN GATE BI SERIES

THREE BEARS BIATHLON

2 Mile Flat Run
20 Mile Hilly Bicycle Loop
2 Mile Run

Sunday, Jan 29th '06
10:00am

Olinda School
Castro Ranch Road
El Sobrante

Pope Valley

Sunday, Mar 26th '06
10:00am

5K Flat Run
21 Mile Road Bicycle
2 Mile Flat Run

POPE VALLEY BIATHLON

INDIAN VALLEY BIATHLON

2.5 Mile Run (rolling hills)
12 Mile Road/Mountain Bike (rolling hills)
2.5 Mile Run on Bike Path

Sunday, Feb 26th '06
10:00am

Stafford Lake
County Park

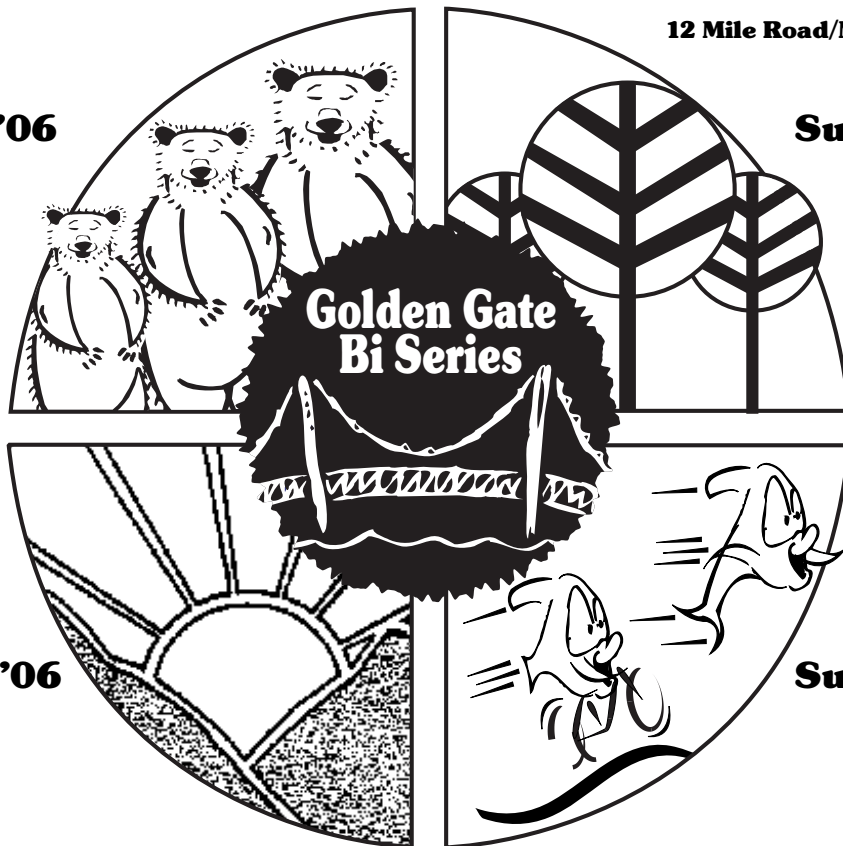
NOTE: There is a \$5 Parking Fee

Pescadero

Sunday, Apr 30th '06
10:00am

5K Flat Road Run
17 Mile Rolling Hills Bicycle
2 Mile Run

PESCADERO BIATHLON



INDIVIDUAL: PRE-REG \$30 PER RACE / EVENT DAY \$35
TEAMS: PRE-REG \$40 PER RACE / EVENT DAY \$45

AWARDS & T-SHIRTS
TO ALL FINISHERS

To Register • Send completed form with check to:

SKY HIGH • P.O. Box 20963 • El Sobrante, CA 94803-20963

EVENT NUMBERS NOT MAILED— YOU WILL PICK THEM UP ON EVENT DAY



- Three Bears* Ind. \$30/Team \$35
- Indian Valley* Ind. \$30/Team \$35
- Pope Valley* Ind. \$30/Team \$35
- Pescadero* Ind. \$30/Team \$35

*Prices are for pre-registration

Name _____

Address _____

Phone _____

Age on Race Day _____ Sex: Male Female

WAIVER:

Parent/Guardian must sign for participants under the age of 18 and must be present for competitors under the age of 16.

In consideration of accepting this entry in to the event, I, the undersigned, do hereby for myself, my executors, and administrators, waive and release any and all rights and claims for damages I may have or acquire against the beneficiaries, organizers, employees and federal, state or local governments or private parties on whose property this event may take place, or any and all injuries suffered by the participant due to participation in this event.

SIGNATURE OF PARTICIPANT: _____