

# "CONNECTIONS" Duathlon

## & FUN RUN

Sunday, April 18, 2010

Dunkirk-Fredonia, New York



## Connecting...

**People to their Environment  
and  
Dunkirk to Fredonia**

<b>Date &amp; Time</b>	Sunday, April 18, 2010 Duathlon (Bike/Run) at 9:30 a.m.; Fun Run at 9:40 a.m. Late Registration/Check-in: 8:00 a.m. to 9:00 a.m. Lunch Buffet at the Clarion Hotel will follow the Duathlon (\$10/person; racers eat free)
<b>Start</b>	SUNY Fredonia Business Technology Incubator, 218 Central Ave., Dunkirk, New York
<b>Transition Area/Finish</b>	Memorial Park, Lakeshore Drive, Dunkirk, New York
<b>Distance</b>	Duathlon: 14 Mile Bike Ride followed by a 5 K (3.1 Mile) Run Fun Run: ~1 Mile
<b>Age/Categories</b>	Duathlon: Overall Male and Female 19 & under, 20-29, 30-39, 40-49, 50-59, 60 & over Male, Female, & Co-Ed Teams Fun Run: Open to all ages
<b>Awards</b>	Duathlon: Overall Male and Female Top three male and female finishers in each age group Overall Male Team, Female Team and Co-Ed Team Fun Run: Given to top three finishers (all participants receive a medal)
<b>Registration</b>	On-line @ <a href="http://www.fredonia.edu/connections">www.fredonia.edu/connections</a> through Friday, April 16, 2010 Late Registration from 8:00 to 9:00 a.m. on race day at the SUNY Fredonia Incubator
<b>Entry Fee</b>	Duathlon: \$35.00 (single) or \$50.00 (teams of two) *Includes t-shirt and lunch buffet Fun Run: \$10.00 *Includes t-shirt
<b>Accommodations</b>	Clarion Hotel, 30 Lake Shore Dr., Dunkirk, NY 14048, (716) 366-8350, <a href="http://www.clariondunkirk.com">www.clariondunkirk.com</a>
<b>Additional Information</b>	Please visit our website at: <a href="http://www.fredonia.edu/connections">www.fredonia.edu/connections</a>

