



The 33rd Chalmette Track Club

Pelicanman Duathlon



2 Mile Run 10 Mile Bike 2 Mile Run

Sunday, September 17, 2006 @ 8:15 a.m.

Francesca Colombo will trek in from college to sing our national anthem. If she can't make it, a recorded version will be provided by Hector Perez

COURSE: Thanks to that little storm we had in August of '05, we will not be allowed to use the bridge.

The course will be like the original(1989) out and back with only one U turn on each run and the bike.

LOCATION: The staging area is on the Judge Perez extension road a few miles east of the junction of East Judge Perez Drive(Hwy. 39) and the Judge Perez extension road.

DIRECTIONS: Find Chalmette. Travel east (scenic route) on Judge Perez Dr. about 7 ½ miles. Turn left at the intersection of East Judge Perez Drive(Hwy. 39) and the Judge Perez extension road The staging area is just past the gas plant road.

AWARDS: Custom made awards by **Mike Minturn** will be awarded to the 1st, 2nd, and 3rd place overall finishers, to the 1st masters (40 and over), and Grandmasters (50 and over) male and female. Duathlon trophies will be awarded to 1st, 2nd, and 3rd place finishers in each of the following age groups: 13 & under, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+ (women), 50-54, 55-59, 60-64,65-69, 70+ (men)

WEIGHT DIVISIONS: We won't have weight divisions this time because like my house, the scale went under water. Look for the return of the weight divisions in April 2007.

REFRESHMENTS: We'll have fruit, beer, soft drinks, beer, cookies, beer, and lunch at the post race party which will include **Janel's** pasta salad. Music will be by wild man **Hector Perez**. (Music selections will be limited to what was not lost in the flood. Much beer will be required for Hector to sing.) We may replace Hector with the return of Mason. Help us talk him into it. Hector will appreciate it.

AMENITIES: We will have newly designed post storm T-shirts for all registered.

ENTRY FEE: \$18 preregistered on or before September 10, 2006; \$16 CTC members; \$12 for 13years and under.\$20 for all after September 10, 2006 . Please make checks payable to Chalmette Track Club. Information: 912-2675.

REGISTRATION: By mail on or before September 10, 2006 to: Chalmette Track Club, P.O. Box 729 Belle Chasse, Louisiana 70037

ADVISORIES: - **Storm or no storm, Drafting is not allowed.** The course will be monitored . Since we are not USA Triathlon, we make our own rules. You get one warning without penalty. The 2nd infraction and you're D.Q.ed. - Helmets are required - Competitors and race workers only are allowed in the transition area. - Race numbers must be worn and visible throughout the race. - Radio headsets, earphones or anything that interferes with normal hearing is not allowed. Relay teams may participate, but are not eligible for awards and do not receive finish tags. Please inform the line crew of your relay status.- **Drafting is still not allowed.**

Past and potential sponsors

Note: This copy was not proofed by JoAnn.

Kentwood
Springs

Elmer's
CHEE WEES

Pelicanman

- Past Champions -

April 2, 2006	Bryan Smith 10	48:52	Caroline Smith	55:29
April 3, 2005	Andrew Kenworthy	48:53	Caroline Smith	56:20
Sept 9, 2004	Bryan Smith	50:40	Jamie Scott	57:29
April 4, 2004	Bryan Smith	49:02	Rosanne Simons 9	58:03
Sept. 21, 2003	Bryan Smith	50:29	Tina Eakin	54:40
April 6, 2003	Bryan Smith	50:30	Michelle Ginsburg	59:18
Sept. 29 2002	Bryan Smith	50:02	Tina Zellner	57:33
April 7, 2002	John Phillips	48:07	Erika Pollock	52:43
Sept. 23, 2001	Terry Williams	48:39	Jessica Tranchnia	53:15
April 1, 2001	Bryan Smith	51:30	Tina Zellner 4	53:39
Sept. 10, 2000	Bryan Smith	49:18	Sharon Good	61:00
April 2, 2000	Bryan Smith	48:23	Tina Zellner	53:39
Sept. 9, 1999	Bryan Smith	49:49	Rosanne Simons	55:17
April 11, 1999	Neil Robichaux	50:10	Rosanne Simons	56:20
August 30, 1998	Ron Dufrene	52:00	Rosanne Simons	57:00
March 29, 1998	Charlie Engle	50:28	Tina Zellner	55:50
Sept. 28, 1997	Jay Stiller 9	47:00	Sandra Reid	54:55
April 27, 1997	Jay Stiller	48:36	Rosanne Simons	56:30
Sept. 22, 1996	Shannon Allison	49:53	Rosanne Simons	54:46
March 24, 1996	Tom Cendrowski	50:15	Rosanne Simons	54:30
Oct. 29, 1995	Jay Stiller	47:34	Rosanne Simons	57:32
April 2, 1995	Jay Stiller	47:37	Janel Mumme	55:28
Oct. 16, 1994	Jay Stiller	47:30	Rosanne Simons	55:08
April 2, 1994	Jay Stiller	47:30	Jeanette Howard	53:30
Oct. 10, 1993	Jay Stiller	46:37	Janel Mumme 7	54:40
April 25, 1993	Joe Simpkins	49:21	Janel Mumme	54:57
Oct. 18, 1992	Mark Kelly	47:28	Janel Mumme	55:13
May 31, 1992	Milton Ernst	49:04	Janel Mumme	55:48
Oct. 20, 1991	Mark Kelly	48:47	Janel Mumme	56:45
June 2, 1991	Jay Stiller	47:40	Janel Mumme	55:13
Oct. 16, 1990	Jay Stiller	47:36	Amy Newton	59:36
Sept. 10, 1989	Christian Unruh	51:27	Charlotte Cunliffe	56:00

PELICANMAN DUATHLON September 17, 2006

In consideration of the acceptance of this application form, I the undersigned intending to be legally bound, do hereby for myself, executors, administrators and assigns, knowingly and willingly waive any and all rights and claims for damages I may have against the persons or entities connected with this event, including the Chalmette Track Club, Inc. And I release and hold them harmless for any and all injuries sustained in connection with this event. I hereby grant full permission to use my name and image in any photographs, videotapes, motion pictures, recordings, broadcasts, or other record of this event. I further attest that I have read this waiver and intend to have a good time at this event.

Name _____ Age _____ Male _____ Female _____

Address _____

City/State/Zip _____



Phone _____ E-Mail Address _____ Occupation _____

Shirt size: S M L XL

Signature (Parent's signature if under 18) _____ Date _____