



Indoor Duathlon



to benefit the
Michael J. Gressman Brain Tumor Research Fund

Western Reserve Racquet and Fitness Club

Sunday, March 8, 2009 • Noon to 5 PM (times vary)

Come for an afternoon of running and spinning for serious and casual athletes alike. Adults and teens – ages 13 and up – can join in the fun!

Duke University's Comprehensive Cancer Center for Brain Tumor Research, in honor of Michael, will receive the net proceeds from this event. Michael, and his brother Eric, were tennis pros at Western Reserve Racquet and Fitness Club. The Gressman family were active members at WRRFC until they moved to North Carolina in 2006.

What: Indoor Sprint Duathlon

20 minute run, 5-minute transition

20 minute spinning, 5-minute transition

20 minute run

Where: Western Reserve Racquet and Fitness Club

11013 Aurora-Hudson Road, Streetsboro, OH 44241 330.653.3103



Who: Casual and Serious Athletes, Teens 13 years and above

Cost: \$35 per Individual

Individuals MUST preregister by THURSDAY, MARCH 5, 2009 in order to participate.

Register in person at the Western Reserve Racquet and Fitness Club front desk, download this form and mail to WRRFC, or fax to Robin Palumbo at 330-656-2089.

Athletes will compete in waves of no more than 12. Serious athletes will compete separately from casual athletes and families. Winners will be determined by total distance covered on the track. Gender and age category awards will be given. T-shirts and refreshments will be available for all participants.

All participants are encouraged to ask family and friends to support their participation by making a sponsorship donation.

Start times will be posted on the Western Reserve Racquet and Fitness Club website www.wrrfclub.com on Saturday morning March 7, 2009. All participants must sign in one hour prior to their scheduled time to compete. All non-members will be required to present photo identification when they sign in.



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Registration Form

Name _____

Address _____

City _____ State _____ Zip Code _____

Home Telephone _____ Business Telephone _____

Email Address _____

Age at the time of the event _____ Male _____ Female _____

Level of Participation: Serious Athlete _____ Just for Fun _____

T-shirt Size: Small _____ Medium _____ Large _____ X-Large _____ XX-Large _____

I cannot participate but I have enclosed a donation of \$ _____

Payment: Check _____ (Make payable to Western Reserve Racquet & Fitness Club)

Charge: M/C _____ Visa _____ American Express _____ Discover _____

Card Number _____ Exp Date _____ V-Code _____

Signature _____

Waiver: For valuable consideration, I hereby knowingly agree to assume all risk of bodily or personal injury, harm, loss, damage, illness or property damage resulting from my presence at and/or participation in the duathlon and its associated activities at or about Western Reserve Racquet and Fitness Club and further hereby agree to discharge, absolve and hold harmless of blame and liability Western Reserve Racquet and Fitness Club and its employees, officers, trustees, representatives, successors and assigns, and waive all rights and claims of any nature, including damage, bodily or personal injury or property damage, and all causes of action I or my heirs, executors, administrators or personal representatives may have against Western Reserve Racquet and Fitness Club and/or its employees, officers, trustees, representatives, successors and assigns and others associated with this event, either singly or collectively, resulting from bodily or personal injury, harm, loss, damage, illness, property damage, or inconvenience suffered or sustained as a result of my presence and/or participation in the duathlon and its associated activities at or about Western Reserve Racquet and Fitness Club. I knowingly acknowledge and understand that participation in the duathlon has a risk of injury. I further attest and certify that I am legally competent and that I am physically fit and am sufficiently trained to participate in this duathlon and associated activities. Western Reserve Racquet and Fitness Club may use any photo, slide, or likeness of my child or me for promotional purposes.

Signature _____

Parent or Guardian must sign if entrant is under 18 years of age.

*Please Mail Completed form to:
Western Reserve Racquet and Fitness Club
11013 Aurora-Hudson Road, Streetsboro, OH 44241
Attention: Indoor Duathlon for Michael Gressman*



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We Need Volunteers to:

- **Work at the Registration Desk**
- **Serve Refreshments**
- **Direct people from one event to the other**
- **Officiate at the Individual Events**

What's in it for you?

- **Fun way to spend a cold, wintery Sunday afternoon**
- **An Event T-Shirt and BrainCancerHope Bracelet**
- **Community Service Hours (i.e. National Honor Society)**

If you can help, please fill out the information below and return it to the front desk at Western Reserve Racquet and Fitness Club. For more information, please call Robin Palumbo at 330.653.3103 or email her at rpalumbo@wrrfc.com.

Name _____

Address _____

City _____ State _____ Zip Code _____

Home Telephone _____ Business Telephone _____

Email Address _____

Receipt of this form will be confirmed via email.