

# 40th Annual City of Valparaiso's Fourth of July Duathlon (5K Run – 200M Swim)

Welcome to the City of Valparaiso's Fourth of July Celebration at Lincoln Park. We hope the following information will be helpful and valuable to you as you plan your holiday activities. This year we will have our traditional Duathlon (5K Run/200 Meter Swim) at 7 a.m.

**THE DUATHLON – 7 a.m.**

The Duathlon begins at 7 a.m. at Lincoln Park, North Bayshore Drive, with a 5K run to Lewis School (near Eglin's East Gate) and back. The racing route is mostly flat with a few hills and several curves which run along the picturesque shoreline of Boggy and Tom's Bayous. Water stations will be provided along the race course and splits will be read at each mile. The 200-meter swim course is in Boggy Bayou and begins and ends at Lincoln Park's beach. Assistance will be available during all phases of the Duathlon.

**REGISTRATION INFORMATION FOR DUATHLON**

Pre-Registration received by 22 June 2018 is \$20. Registration received after 22 June 2018 is \$25.

At 6:15 a.m. the check-in table will be opened in the center of Lincoln Park. If you have not pre-registered, fill out an application and pay the \$25 entry fee with exact cash or with a check (we do not take credit cards). All participants will receive a free T-Shirt (sizes Youth - Small – Medium - Large – Extra-Large and Double Extra Large: please indicate size on the entry form). The supply of T-Shirts on race day will be limited, so please pre-register if you want a T-Shirt.

Pre-Registered participants will be eligible for two \$50 cash drawings and we will have door prizes for racers while final results are being tabulated and verified. Awards will be presented to the overall male and female winners and first through third place winner of each age category.

**DUATHLON AGE CATEGORIES:**

<b>Women:</b>		<b>Men:</b>	
10 and under		10 and under	
11-14	40-44	11-14	40-44
15-19	45-49	15-19	45-49
20-24	50-59	20-24	50-54
25-29	60-69	25-29	55-59
30-34	70-over	30-34	60-69
35-39		35-39	70-over

Additional information about the City of Valparaiso's 4<sup>th</sup> of July activities and registration forms for the various events are available at <http://www.valp.org/community/events.html>, and on Facebook [www.facebook.com/pages/Valparaiso-4th-of-July-Duathlon](http://www.facebook.com/pages/Valparaiso-4th-of-July-Duathlon). You can deliver the forms to the Valparaiso City Hall or mail completed forms, with payment, to: City of Valparaiso – Race 465 Valparaiso Parkway / Valparaiso, Florida 32580

**40th ANNUAL  
City of Valparaiso's Fourth of July  
3.2K Paddleboard Race**

Welcome to the City of Valparaiso's Fourth of July Celebration at Lincoln Park. We hope the following information will be helpful and valuable to you as you plan your holiday activities. At 10 a.m. our fourth annual 3.2K Paddleboard Race will begin at Lincoln Park and proceed on a course to and from scenic Tom's Bayou. The competition will take place between Surf-style boards and Race-style boards with a male and female winner in each competition with recognition for second and third place finishers. Participants must be over the age of 12 to compete and everyone must provide their own paddleboard and accessories. Modified paddleboards are not allowed in the competition and all boards must be paddle powered.

**PADDLE BOARD RACE – 10 a.m.**

The Paddle Board competition will begin at the north side of Lincoln Park on North Bayshore Drive with participants lining up in the water near the boat launch. The race course will run southward down Boggy Bayou and past T-Pier into Tom's Bayou. The turnaround point will be past Toms Bayou Bridge and the racers will proceed back to Lincoln Park to the beach where the race began. The race course will be 3.2K (2 miles) and will be marked with vivid buoys. Watercraft will be stationed along the course for assistance and refereeing. All boards must be unmodified and paddle powered.

**Pre-Registration:**

Pre-Registration received by 22 June 2018 is \$20. Registration received after 22 June 2018 is \$25 (cash or check payment on day of race). All participants will receive a free T-Shirt (sizes Youth Medium – Adult Small – Medium - Large – Extra-Large and Double Extra Large; please indicate size on the entry form). The supply of T-Shirts on race day will be limited, so please pre-register if you want a T-Shirt.

**Rules for Paddleboard Race:**

At 9:20 a.m. the check-in table will be opened in the center of Lincoln Park. If you have not pre-registered, fill out an application and pay the \$25 entry fee with exact cash or with a check (we do not take credit cards). The Captain's meeting will be at 9:50 to review the course and provide rules and directions. There will be a short air horn blast to notify racers to come to the starting area at 9:58. The race will be a land start at 10 with a long air horn blast. Follow the buoys to Tom's Bayou Bridge and make your way back to Lincoln Park and the finish marker in the water. Your time will be captured when you cross the finish marker. Awards and door prizes, including a \$50 cash prize, will be presented in the center of the park as soon as race times are tabulated.

Additional information about the City of Valparaiso's 4th of July activities and registration forms for the various events are available on the

City's website <http://www.valp.org/community/events.html>, and on Facebook [www.facebook.com/pages/Valparaiso-4th-of-July-Duathlon](http://www.facebook.com/pages/Valparaiso-4th-of-July-Duathlon).

You can deliver the forms to the Valparaiso City Hall or mail Completed forms, with payment, to: City of Valparaiso – Race 465 Valparaiso Parkway / Valparaiso, Florida 32580