

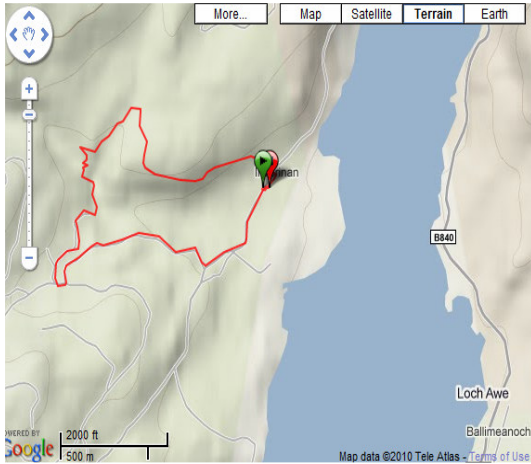
# Inverinathon

28<sup>th</sup> November 2010.

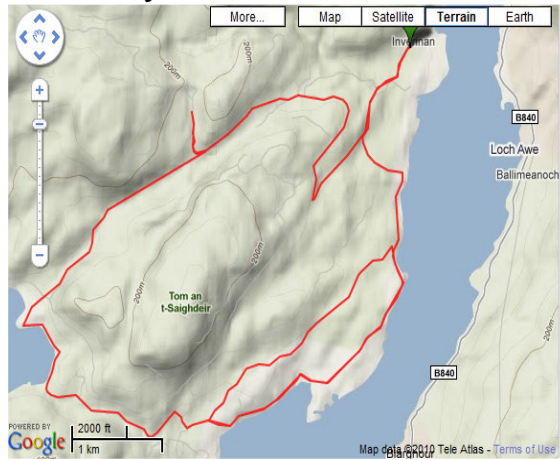
**Run : 4.4k : Cycle : 18k : Run 1.5k : Cycle 6.5k**

The Inverinathon is not a race. It is an informal, unstructured and unsupported duathlon. We've simply found a course that looks challenging and which you might enjoy. The course is on public roads or Forestry trails. You are free to use these trails at any time, of course, it just happens that a few of us might meet up and try a trail together. Check out the tips published on the daretotrilife blog. Don't forget to bring food to share following your adventure.

## The Run



## The Cycle



1 Your Estimate to Run 4.4k off-road and challenging terrain : \_\_\_\_\_ mins

2 Your Estimate to Cycle 18k off-road with good surface but challenging terrain: \_\_\_\_\_ : \_\_\_\_\_ h:min

3 Full Name : \_\_\_\_\_

4 Your Address : \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5 Your Email Address : \_\_\_\_\_

I declare that I am undertaking this activity with full understanding of the risks involved. This is not an organized event and no-one involved will be liable for any loss, damage, claim or expense which may arise as a consequence of my participation. I will cycle with due care and attention and abide by the normal rules of the road. I am of good health and am participating entirely at my own risk.

Signed : \_\_\_\_\_

Dated : \_\_\_\_\_

Emergency Contact : \_\_\_\_\_

Emergency Phone No: \_\_\_\_\_

**When completed please post this Form to : John Rea. Croft Cottage. Inverinan. By Taynuilt. Argyll. PA35 1HH**