

The Herndon Parks and Recreation Department
& Herndon law firm ABRAMS LANDAU, Ltd. welcome back...

THE 2102 HERNDON AQUATHON !

WHAT IS AN AQUATHON?

The Aquathon is an *all water Biathlon*. Participants will start with a half mile pool swim followed immediately by a half mile water run. Each athlete will be seeded according to an estimated swim time (indicated on entry form). After completing the swim, participants will go to their assigned run lane where they will begin their run. Run lanes are assigned according to height, shoe are required and hands must be in the water !

WHO CAN PARTICIPATE?

Participants will be divided into male and female by age. Awards will be given in the following age groups: 12-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 and over. The top three overall men and women finishers will receive special prizes and ALL participants receive specially designed boxers! Participants must be comfortable swimming and standing in water at least 3.5' deep. Proper swim attire is required and aqua shoes are recommended for the run (and may be worn for the swim).

WHEN and WHERE IS THE EVENT?

Saturday, February 25, 2012 at the Herndon Community Center pool (814 Ferndale Ave, Herndon, VA 20170). Warm-ups from 6-7am. The event will start promptly at 7:15am.

WHO WAS JACK CORKEY?

Jack Corkey was a wonderful "ambassador" for the Town of Herndon. Jack, his wife Laurie, and the always friendly Great Harvest Bread Company staff served up baked goodies at local sporting events including the Herndon Festival 10k/5k races, Reston Triathlon and the Herndon Turkey Trot for many years. Jack and Laurie nurtured others through their service to the Embury Rucker Community Shelter, the Fairfax County Council for the Arts, the Juvenile Diabetes Research Foundation, and many other local charities. Jack was also a runner and bikers, skaters, dog walkers, joggers and other athletes knew that they could get off the W&OD Trail and get a hot cup of coffee, a smile and a free slice of Jack's "darned good bread" all year round. This event is being held in honor of Jack's enthusiasm for sports and his dedication to the Town of Herndon.

REGISTRATION INFORMATION

Please fill out the registration form and return it to the Herndon Community Center (P.O. Box 427, Herndon, VA, 20172, or fax to 703-318-8652). **The registration deadline is Tuesday, February 21 by 10:00pm or until the event is full.** Online registration is not available for this event. There will be NO race day registration so please be sure to register in advance! The cost is only \$20, which is a bargain for a pair of "legal briefs" !

First Name _____ Last Name _____
Street _____
City _____ State _____ Zip _____
Daytime Phone (____) _____
Age _____ Gender M or F _____ Email _____
Height _____ Estimated Swim Time (for 1,000 yards) _____

Please indicate method of payment:

Cash (Total payment enclosed) \$ _____
Check (Make checks payable to: **Town of Herndon**) \$ _____

Credit Card (circle) Visa Mastercard Discover American Express

Credit Card # _____

Exp. Date _____

Signature _____ Date _____

Return completed registration forms and payment to:

The Jack Corkey Memorial Aquathon,
Herndon Parks and Recreation Department
P.O. Box 427, Herndon, VA 20172-0427

For more information visit www.herndon-va.gov or call (703) 787-7300

Waiver and Release From Liability; Authorization for Medical Treatment

I realize that participation in the "2012 Aquathon" may involve risk from physical activity and from other causes. I consent to participate in this activity, and I assume this risk. I medically certify to the Town of Herndon that the above-named person has no medical or physical infirmity that may render participation in the race inadvisable, are of suitable age to participate in the race, and will properly prepare for the race. I authorize the Town of Herndon, its officers, persons affiliated with this event, employees, agents, sponsors, and volunteers authority, at any such person's discretion and at my expense, to administer or to procure of me any medical attention they may deem necessary. I am signing and returning this form to the Town of Herndon in consideration of the Town's providing the opportunity to participate in this activity. If I am a minor, my parent or guardian is signing for me.

Signature

Signature of Parent/Legal Guardian (if under 18)

Date: _____