

2017 Elysian 34th Rookie's & 3rd Annual Elysian Kid's Triathlon Entry Form waiver and signature page

WAIVER - Please read the following statement and sign before submitting your entry...In consideration of your acceptance of this entry, I intending to be legally bound, hereby for myself, my heirs, executors and administrators waive and release the Elysian Rookie's Triathlon, the Elysian Area Chamber, its officers, all race officials, Le Sueur County and all its servants, the City of Elysian and all its servants, the Minnesota Department of Natural Resources, and any and all sponsors and their representatives, successors and assigns from any and all rights and claims of damages I may have arising out of any injuries or illnesses suffered by me in this event, including those which may be attributable to weather, road, or trail conditions. I attest that I am physically fit and have sufficiently trained for the completion of this event, and that my physical condition has been verified by a licensed medical doctor. Further, I hereby grant full permission to any and all of the foregoing to use my name and any photographs, videotapes and "recordings" of me participating in this event for any publicity and/or promotional purposes without obligation or liability to me. I have read the entry information and certify my compliance by my signature. I also understand that entry fees I pay are nonrefundable.

Loss of my Timing Chip will result in a \$30.00 charge.

▼ ENTRY NOT ACCEPTED UNLESS WAIVER IS SIGNED ▼

Signature Date

Signature (Parent or guardian if under 18) Date

▼ All members of a 3-Person Team must sign ▼

Signature Date

Signature Date

Signature Date

If under 18 years old:

Guardian Signature Date

Guardian Signature Date

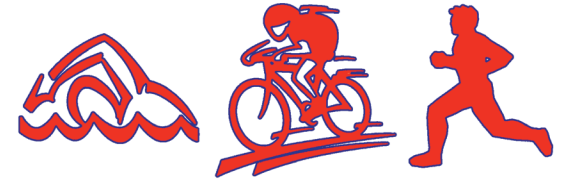
Guardian Signature Date

Elysian Rookie's & Kid's Triathlon
Elysian Area Chamber of Commerce
in "Southern Minnesota Lakes Region"
PO Box 95 Elysian, MN 56028
800-507-7787 • www.elysianmn.com
Member MN Festivals & Events Assoc.

Presorted Standard
U.S. Postage
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Permit No. 5
Elysian, MN 56028

34th Annual Elysian Rookie's Triathlon

Saturday JULY 8, 2017



8:00 am

Individual or Team Event

| | | | |
|---------|---------|---------|---------|
| Rookies | Swim | Bike | Run |
| | .4 mile | 8 miles | 4 miles |

3rd Annual Elysian Kid's Triathlon

10:30 am

Individual Event

| | | | |
|-----------|---------|-----------|----------|
| Ages | Swim | Bike | Run |
| 7 & under | 50 feet | 1.4 miles | .25 mile |
| Ages | Swim | Bike | Run |
| 8-10 | 50 m | 2.8 miles | .75 mile |
| Ages | Swim | Bike | Run |
| 11-13 | 100 m | 4.2 miles | 1 mile |

Elysian, MN Highway 60

Elysian DNR Wayside Rest: Registration / Finish

Elysian Fields Park on Lake Francis:

start Swim, start Bike, start Run

Elysian Tourism Center: Rookie Awards 10:00 a.m.

Hosted by Tim Penny

Kid's Awards Following Each Age Division



34th Annual ELYSIAN ROOKIE'S & 3rd Annual ELYSIAN KID'S TRIATHLON

DATE: July 8, 2017

START TIME: Rookie's 8 am, Kid's 10:30 am

REGISTRATION: Limited to the first 350 applicants.

FEE: The non-refundable registration fee which includes the registration packet and Triathlon Dri-shirt is: Rookie Individual: \$35.00, Late registration after June 20th: \$40.00, Race day: \$50.00. 3-Person Team registration fee: \$80.00, Late registration after June 20th: \$90.00. Race day: \$100.00.

Kid registration fee in 3 age divisions: \$25.00; After June 20: \$30.00, Race day: \$40.00

LOCATION: Elysian is located approximately halfway (20 miles) between Mankato and Faribault on Highway #60. Use exit #56 west off of I-35.

CHECK-IN: Rookie's competitors must check-in and pick up their race packet from 6:00 to 7:30 am the morning of the race at the Elysian DNR Wayside Rest on Hwy. #60 in Elysian (do not confuse this with the Sakatah State Park in Waterville). Kids may check in then, or from 9:15-10:15 am at Elysian DNR Wayside Rest.

AWARDS: "Olympic style" TRIATHLON medals will be awarded after the race to the first three finishers in each of the eight Rookie's male and female age divisions and Team medals to first three finishing teams in 3 divisions. Kids' medals also awarded. Rookie's Awards Ceremony 10:00 am / Kid's Awards follow each age division.

RACE INFO: Competitors are expected to supply their own equipment and their own personal assistant to handle their bicycles and gear while not in use. **SWIM CAPS ARE REQUIRED AND SUPPLIED. BIKE HELMETS ARE REQUIRED. NO RECUMBENT BIKES ALLOWED.** NOTE: Portions of the bicycle course may cross unpaved gravel roads. Toilets are available at the rest stop and at the starting beach; however, facilities are limited so come prepared to race. Limited parking is available.

WEATHER: If weather is questionable (i.e. rain and lightning), we will wait for the all clear from the sheriff and then proceed.

ON-LINE REGISTRATION: <http://elysiantri.zapevent.com>

RESULTS: www.elysianmn.com and www.finaltiming.com

ELYSIAN ROOKIE'S & ELYSIAN KID'S TRIATHLON Race Day Instructions

1. Fasten race number securely to running clothes. Your number will also be written on your upper left arm with permanent marker.
2. SWIM CAPS & BIKE HELMETS ARE REQUIRED.
3. Officials will be checking off your number as you round each of the three half-way marks. Please let a race official know if for some reason you will not be finishing.
4. Round all turns in a counterclockwise direction.
5. Always stay right — be aware of traffic; officials along the route will direct you; EMT and ambulance assistance available along route.
6. Water available at the end of bike course and turn around mark of run.
7. Limited changing facilities are available at the beach and at the Wayside Rest.
8. Starting line by honor system — experienced racers and good swimmers to the front. There will be two Rookie starts five minutes apart. Kid divisions independently.
9. Refreshments for racers after finish available at the Elysian DNR Wayside Rest.
10. Awards - please stay for pictures.

HAVE FUN - BE SAFE! RACER'S BRIEFING - 7:50 am

ROOKIE COURSE: Start swim at public beach, south shore of Lake Francis. Swim out around the pontoon boats (counterclockwise) and back to starting beach. Mount bike and follow signs out of park and onto Co. Road. #11; go north to the former big oak tree (and fire van); round the fire van counterclockwise and return back to bike racks (at beach); proceed up hill on 3rd St, turn left onto Sakatah Trail going east; run 2 miles to water table; round table counterclockwise and head back to finish line at Elysian DNR Wayside Rest. Be sure officials have your number when recording your time.

**Rookie INDIVIDUAL ENTRY: \$35.00,
After June 20: \$40.00, Race day: \$50.00**

*Birth date _____ Age day event _____
*MM/DD/YEAR

() Male () Female

Division: () 19 & under () 20-29 () 30-35 () 36-44
() 45-54 () 55-64 () 65-69 () 70 & over

Dri-Shirt Size: () YXS () YS () YM () YL
() XS () SM () MD () LG () XL () 2XL () 3XL () 4XL

**Rookie 3-PERSON TEAM ENTRY: \$80.00,
After June 20: \$90.00, Race day: \$100.00**

() 3 Males () 3 Females () Male/Female Mix

KID COURSE: Complete swim at public beach, south shore of Lake Francis. Mount bike and follow signs up hill on 3rd St to Sakatah Trail, turn left (east) go to water table; round water table counterclockwise and ride bike into Elysian DNR Wayside Rest lower area; drop bike, run onto Sakatah Trail going west (toward Madison Lake); run to water table; round table counterclockwise and head back (east) to finish line at Elysian DNR Wayside Rest. Be sure officials have your number when recording your time.

**Kid INDIVIDUAL ENTRY: \$25.00,
After June 20: \$30.00, Race day: \$40.00**

*Birth date _____ Age day event _____
*MM/DD/YEAR

() Male () Female

Kid Division-Ages: () 7 & under () 8-10 () 11-13

Dri-Shirt Size: () YXS () YS () YM () YL
() XS () SM () MD () LG () XL () 2XL () 3XL () 4XL

**34th Annual Elysian Rookie's Triathlon
3rd Annual Elysian Kid's Triathlon
2017 ENTRY FORM - Saturday, July 8, 2017**

Fill out front and back and info at left and mail with entry fee.
If you are under 18 years old, Guardian must sign waiver.

INDIVIDUAL ENTRY (Rookie or Kid)

Name _____

Address _____

City _____ State _____ ZIP _____

Phone _____ Bus. Phone _____

E-mail _____

Rookie 3-PERSON TEAM () 3 Males () 3 Females () Male/Female Mix

Swimmer Name _____ Dri-Shirt size(____)

Address _____

City _____ State _____ ZIP _____

Phone _____ *Birth date _____ M/F

E-mail _____ *MM/DD/YEAR

Biker Name _____ Dri-Shirt size(____)

Address _____

City _____ State _____ ZIP _____

Phone _____ *Birth date _____ M/F

E-mail _____ *MM/DD/YEAR

Runner Name _____ Dri-Shirt size(____)

Address _____

City _____ State _____ ZIP _____

Phone _____ *Birth date _____ M/F

E-mail _____ *MM/DD/YEAR

Make check payable to:

Elysian Rookie's Triathlon
PO Box 95 Elysian MN 56028
Questions: 507-267-4231
Jeanne Zwart
elysianrookiestriathlon@gmail.com
Online registration link available at
www.elysianmn.com

Race # _____

Time _____

Div. Place _____

Overall _____