2012 Elysian Rookie's Triathlon Entry Form

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

If under 18 years old:

_____
Guardian Signature Date

_____
Guardian Signature Date

_____
Guardian Signature Date

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

Elysian Rookie'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 MFEA - IFEA Affiliate

Hormel NEW ULM FOODSERVICE
pepsi PEPSI-COLA OF MANKATO, MN
pepsimankato.com
Culligan better water. pure and simple.

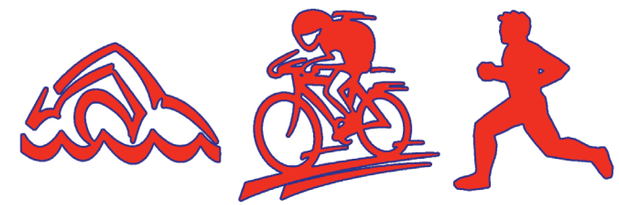
29TH ANNUAL

ELYSIAN ROOKIE'S TRIATHLON

JULY 7, 2012

Saturday - 8 am

Individual or Team Event



Swim	Bike	Run
.4 mile	8 miles	4 miles

Elysian, MN Highway 60

Elysian DNR Wayside Rest:
Registration, start Run, & Finish

Elysian Fields Park on Lake Francis:
start Swim & start Bike

Elysian Tourism Center:
Awards Ceremony 10 a.m.
Hosted by Tim Penny

DATE: Saturday, July 7, 2012 - Starter's Gun at 8 a.m. Sharp

REGISTRATION: Limited to the first 350 applicants.

FEE: The non-refundable registration fee is $30.00 which includes the registration packet and triathlon T-shirt. Late registration after June 20th is $35.00. Race day, $45.00. 3-person team registration fee is $70.00. Late registration after June 20th for 3-person team is $80.00. Race day, $90.00.

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

CHECK-IN: 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).

AWARDS: "Olympic style" TRIATHLON medals will be awarded after the race to the first three finishers in each of the eight male and female age divisions. "Olympic style" TRIATHLON Team medals in 3 divisions will also be awarded. Awards Ceremony at 10:00 am at Elysian Tourism Center.

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. **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. **SWIM CAPS ARE REQUIRED AND SUPPLIED.**

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

QUESTIONS: 507-267-4231 - elysianrookiestriathalon@gmail.com

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

RESULTS: www.finaltiming.com

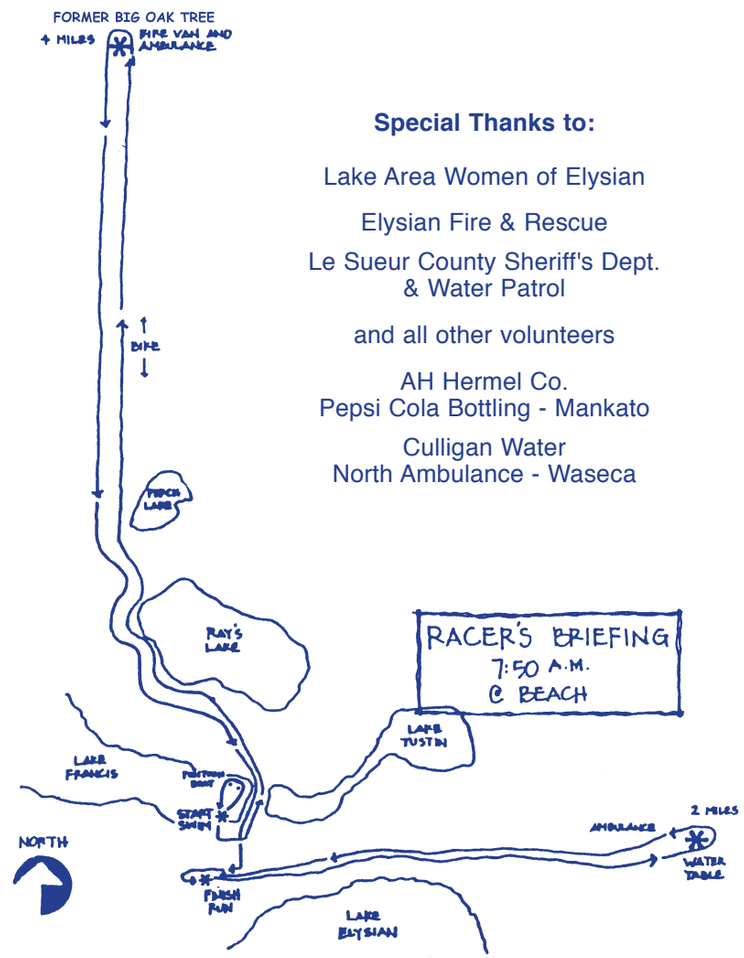
ELYSIAN ROOKIE'S TRIATHLON

1. Fasten race number securely to your biking/running clothes (shirt or pants). We will also write your number 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; ambulance assistance available along route.
6. Water available at the end of bike course and at 2 mile mark of running course.
7. Limited changing facilities are available at the beach and at the Elysian DNR Wayside Rest.
8. Starting line by honor system — experienced racers and good swimmers to the front. There will be two starts five minutes apart.
9. Refreshments for racers after finish available at the Elysian DNR Wayside Rest.
10. Awards Ceremony at 10:00 am at the Elysian Tourism Center.

HAVE FUN - BE SAFE!

RACER'S BRIEFING - 7:50 am

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 into town; turn right at Fischer's Corner Bar onto Main Street going west; turn left into the far west end of the Elysian DNR Wayside Rest. Leave bike with your attendant and begin run on 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.



Special Thanks to:

Lake Area Women of Elysian

Elysian Fire & Rescue

Le Sueur County Sheriff's Dept.
& Water Patrol

and all other volunteers

AH Hermel Co.
Pepsi Cola Bottling - Mankato

Culligan Water
North Ambulance - Waseca

2012
29th Annual
Elysian Rookie's Triathlon
July 7, 2012
ENTRY FORM

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

Birth date _____ Age day event _____ ( ) Male ( ) Female
Division: ( ) 19 & under ( ) 20-29 ( ) 30-35 ( ) 36-44 ( ) 45-54
( ) 55-64 ( ) 65-69 ( ) 70 & over
Dri-Shirt Size: ( ) SM ( ) MED ( ) LG ( ) X-LG ( ) Other _____

INDIVIDUAL ENTRY $30.00 - After June 20 - $35.00
Race day $45.00

Name _____
Address _____
City _____State_____ ZIP_____
Phone ( ) _____ Bus. Phone ( )_____
E-mail_____

3-PERSON TEAM ENTRY $70.00 **After June 20 - $80.00**
( ) 3 Males ( ) 3 Females ( ) Male/Female mix **Race day $90.00**

Swimmer Name_____Dri-Shirt size(___)
Address_____
City_____State_____ZIP _____
Phone_____Birth date_____M/F
E-mail_____

Biker Name _____Dri-Shirt size(___)
Address_____
City_____ State_____ZIP _____
Phone_____Birth date_____M/F
E-mail_____

Runner Name_____Dri-Shirt size(___)
Address_____
City _____ State_____ZIP _____
Phone_____Birth date_____M/F
E-mail _____

Make check payable to:
Elysian Rookie's Triathlon
P.O. Box 95, Elysian, MN 56028
Questions: 507-267-4231 **Jeanne Zwart**
elysianrookiestriathalon@gmail.com
www.elysianmn.com

Race #_____
Time_____
Div. Place_____
Overall_____