

All proceeds from this event benefit our  
Community Benefit Campaign.

### Registration Fees

	<u>Up to July 1</u>	<u>July 2-20</u>
Individual	\$45	\$55
Relay Team	\$90	\$105
Kid's Tri	\$25	\$35

Register online at:  
[www.active.com](http://www.active.com)

Please contact Jenna Zdunek with any  
questions you might have at  
P 906.227.9622 F 906.227.9248  
W [ymcamqt.org](http://ymcamqt.org) E [jjzdunek@ymcamqt.org](mailto:jjzdunek@ymcamqt.org)

### Registration/Packet and Bag Pick-up

Friday, July 19th from 3 - 6pm at Lakeview  
Elementary School.

### Packet and Bag Pick-up (no registration)

Saturday, July 20 from 7:30 - 11:00am at  
Lakeview Elementary School.



YMCA of Marquette County  
1420 Pine Street Marquette MI 49855



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TEAL LAKE TRIATHLON

July 20, 2013

SWIM



BIKE



RUN



# YMCA TEAL LAKE TRIATHLON JULY 20th 2013

## ADULT TRIATHLON 9:00am

### Swim Course - 1/4 mile

The swim will be in Teal Lake. The course will be determined based on wind conditions on July 16. Wetsuits may be worn.

### Bike Course - 20K

The bike course takes you north of Negaunee on North Road, out to the site of the old airport, and then north again to South Basin Drive then back to the transition area. The course is an out-and-back with 2 turn-around points.

### Run - 5K

The run course takes you out and back down North Road.

### Awards

Awards to the 1st overall female/male. Age group awards to top 3 female/male 19 & under in 10 year increments to 75+. Awards to top 3 overall relay teams (2 heats). Award ceremony 10 minutes after last finisher.

### What to Expect

Each participant will receive a race t-shirt, and swim cap.

## KIDS' TRIATHLON 11:30am

- Ages 5 - 14
- All kids receive a race t-shirt and a finishers' medal.
- Trophies to first overall girl and boy and top three girls and boys in each age group.
- Award ceremony will begin ten minutes after the last finisher.
- The swim is very shallow & safe - never over waist deep.

### Age Groups:

5-7, 7-8, 9-10, 11-12, 13-14 (2 heats)

### Distances:

300 ft swim, 2 mile bike and 1/2 mile run

## KID'S RACE REGISTRATION FORM ONLY

Check One: Youth \_\_\_\_\_

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Gender (circle one): Male Female Date of Birth: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ Age: \_\_\_\_\_

Emergency Name and Phone: \_\_\_\_\_

T-shirt size (circle one): Youth: S M L Adult: S

## RELAY TEAM SWIMMER Youth: S M L Adult: S

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

**BIKER** T-shirt size: Youth: S M L Adult: S

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

**RUNNER** T-shirt size: Youth: S M L Adult: S

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Receipt #: \_\_\_\_\_ Amount Paid: \_\_\_\_\_ (no refunds) Check # \_\_\_\_\_

Waiver: I hereby release sponsoring groups and other representatives and officials, workers, volunteers involved with this event from any and all rights and claims for injuries or illnesses suffered by me in, or as a result of, this event. I understand that participation in this event may be strenuous and I verify that I am physically fit to complete the said event. I also give permission for the YMCA of Marquette County & Affiliates to use without limitation or obligation, photographs for purposes of promoting or interpreting YMCA programs.

\_\_\_\_\_  
Signature of Parent/Guardian (if under 18 years old)

\_\_\_\_\_  
Signature of Participant

**Mail entry form and check to: YMCA of Marquette County, 1420 Pine Street, Marquette, MI 49855.**

Register online at:  
[www.active.com](http://www.active.com)