



NEENAH-MENASHA YMCA FREMONT TRIATHLON JULY 16, 2011

Held at Hahn-a-lula Resort, Fremont

Check In: 7:00-7:45 AM

Race Begins: 8:00 AM

DIVISIONS: Ages 13 & Under (must be accompanied by an adult), 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79 & 80+

Distance: Swim - 1/8 mile

Bike - 12 miles

Run - 2 miles

Awards: Top 2 places in age category for male and female. Overall male and female.

Fee: \$35/Triathlete until July 6

\$40 from July 7-13 *Includes t-shirt, door prizes, medal and lunch

Entry Deadline: July 13, 2011 - **(NO REGISTRATION ACCEPTED AFTER THIS DATE)**

REGISTRATION FORM

WAIVER: I am aware that a Triathlon competition is a potentially hazardous activity. I assume all risks associated with competing in this event including, but not limited to, fall, contact with other participants, volunteers, spectators, weather effects including: heat and humidity, traffic and road conditions. All such risks being known and appreciated by me. I hereby release the Neenah-Menasha YMCA, its staff and volunteers, the Hahn-a-lula resort, village of Fremont and any sponsors from any injuries by me while participating in this event. I further provide that this consent waiver applies to all heirs, executors and assignees. Finally, I document that to the best of my knowledge I am in good physical condition and my participation in this event poses no undue risk to my health.

Name: (Please Print) _____

Address: _____

City: _____ State: _____ Zip: _____

Age: _____ Sex: Male or Female

T-shirt Size: _____ Phone: _____

Email: _____

Signature: _____

If you are bringing a spectator and they would like to volunteer, please call 886-2135.

SPONSORED BY: Gear-n-Shop, Sports Graphics, All Sports Trophy & Hahn-a-Lula Reort.

Bicycle helmets mandatory & Swim Caps Recommended

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