

Registration Form

Registration Form

Check in: 6:15-7:25 a.m.

Pre Race meeting 7:15 a.m.

Start Time: 7:30 a.m.

Name: _____

Address: _____

City/State/Zip _____

Phone: _____

Cell # _____

Email: _____

Gender: M F Age: _____

Event Entry:

_____ Individual

_____ Team

Team Name and participants:

Shirt Sizes:

S M L XL XXL

Checks payable to:

Minnewaska Area Swim Boosters

PRE RACE/ POST RACE RESTAURANTS

GLENWOOD AREA:

CAFÉ BELLA- 634.3371
MINNEWASKA HOUSE- 634.4566
THE LAKESIDE- 634.0307
TERRACE MILL- 278.2233
TORGY'S ON THE LAKE-634.4311
PIZZA RANCH-634.4261
WILD RIDGE-634.0698
THE GRAND CHINA BUFFET-
634.5999

STARBUCK AREA:

WATERS EDGE- 239.9117
DAVE'S PLACE- 239.2950
SOUTH SHORE STORE- 239.4711
T. VINCENTS- 239.3700

SPECIALTIES COFFES/ LATTES/ SMOOTHIES

LE PARIS CAFÉ- 634.0360
DAVE'S PLACE- 239.2950

MOTELS/RESORTS

GLENWOOD:

SCOTWOOD MOTEL- 634.5105
HUNTS RESORT- 634.3323
PETERS RESORT-634.4501
WOODLAWN RESORT-634.3619

STARBUCK:(8 MINS.)

CEDAR INN- 239.4300

SAUK CENTRE:(25 MINS. AWAY)

THE PALMS MOTEL-1.877.351.7256

ALEXANDRIA:(15 MINS.)

COUNTRY INN/SUITES- 763.9900
HOLIDAY INN- 763.6599
AMERICINN- 763.6808

TEESHIRT DESIGN WILL BE THE
PICTURE ON THE FRONT OF THE
BROCHURE ON A WHITE TEE.
DESIGN AND GRAPHIC ARTIST:
MEGAN ORGEMAN AND COURTNEY
CASPERSON

6th Annual



August 2, 2008

500 yd swim • 10.2 mile bike • 2.5 mile run

WASP

Eagle Bank
Ecowater Systems
Curves
Café Bella
Minnewaska Elementary
Minnewaska Community Recreation
Minnewaska Wellness & Fitness
Minnewaska Jaycees
Glenwood State Bank
Glenwood Fire Dept.
Palmer Creations

Saturday, Aug. 2, 2008
Glenwood, Minnesota
On the beautiful shores of Lake
Minnewaska

Lake Minnewaska Triathlon

500 yard swim , 10.2 mile bike & 2.5 mile run-

Fees: Individual Team

Thru 7/22 \$40.00 \$60.00

After 7/22 \$50.00 \$70.00

Deadline: July 30, 2008

Friday, August 1st

Early Check in/ packet pick up 5:00– 8:00 p.m.

Glenwood City Beach

Sat. August 2nd

Check in 6:15-7:25 a.m.

Pre Race meeting: 7:15 a.m.

Start Time: 7:30 a.m.

Awards: 9:45 a.m. approx.

The start and finish will take place at the
Glenwood City Beach on Lake Minnewaska

- Keep pets away from race and exchange area.

All paid participants will receive:

Triathlon tee, swim cap, and a goodie bag

Door prizes will be given out @ the awards.
Must be present.

This race is being timed by Pickle Events with ChampionChip Timing System!

All applicants must sign: I understand that a multi-sport event such as a Triathlon is potentially dangerous activity. I should not participate unless I am medically able and properly trained. I assume any and all risks associated with participating in this event including, but not limited too: temperature, water, condition of athlete's equipment, vehicular traffic, falls, and contact with participants, actions of volunteers, spectators and producers of the event and lack of hydration, all such risks, being known, and appreciated by me. Knowing these facts and in consideration of accepting my fee, I hereby for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf covenant not to sue, and waive and release every kind of whatsoever, foreseen or unforeseen, known or unknown. The undersigned further grants full permission to the Minnewaska Community Education and Minnewaska Swim Boosters and /or its agents authorized by them, to use photographs, videotapes, recordings, or other record of this event for any other purpose.

Applications for Minors will be accepted only with Parent/Guardian signatures:

Signature: _____

(Parent/guardian if under age of 18)

****All participants must wear a bike helmet at all times during the bike portion of the race.**

Pre– registration Only

Registration online: midwestevents.com

or download triathlon info @

www.minnewaska.k12.mn.us/activities

Send to:

Lake Minnewaska Triathlon

c/o Linda Hoffmann

103 E.Ridgeview Drive

Starbuck, MN 56381

Work # 320.239.4800 ext. 1034

Home #: 320.239.4972

lhoffman@minnewaska.k12.mn.us

Awards

Women	Men
12-15	12- 15
16-19	16-19
20-29	20-29
30- 39	30-39
40-49	40- 49
50- 59	50- 59
60-69	60-69
70 +	70 +

**Overall Men and Women Champion
Team**

Women Men Co-Ed

**Top female and male Minnewaska Area
finishers in individual and team events.**