

The Fifth Annual
“Escape to Crystal Lake” Triathlon

750 yard swim – 16 mile bike – 4 mile run

Sunday, August 16, 2009 at 9:00 A.M.

- Packet pickup and registration will be held Saturday, August 15 from 4-7 p.m. and Sunday, August 16 from 7:00-8:30 a.m.
- Registration, Packet Pick up, Start and Finish and both Transition Areas in and around the Beulah Village Park in downtown Beulah.
- Awards for the top 3 of finishers in each age group
- Tee shirts for all pre-registered participants
- Helmet mandatory for bike portion;
No drafting or blocking allowed!!
- Swimmers will be allowed to wear wetsuits as long as the water temp is below 78 degrees.
- Participants must check in and receive race numbers before 8:30 a.m. The race will start promptly at 9:00 a.m.
- Bike course maps will be available on line @ www.endomanpromotions.com.

Entry Fees: all dates are postmarked dates

	<u>Individual</u>	<u>Relay</u>
By July 18, 2009:	\$45.00	\$75
By August 1, 2009:	\$50.00	\$85
After Aug 1, 2009:	\$60.00	\$95

Sorry, no refunds

Please make checks payable to:
 Endoman Promotions
 P.O. Box 15,
 Beulah, MI 49617

A portion of the proceeds from this race will be donated to the Betsie Valley Trail

Escape to Crystal Lake Triathlon
 Official Entry Form 2009

BIB# _____
 Finish _____

Please print!

Last name: _____ First: _____
 Address: _____ City/State/Zip: _____
 Date of Birth: _____ Sex: M ___ F ___
 Phone: _____ Email: _____
 Emergency Contact Person: _____ Phone: _____
 Shirt size: S ___ M ___ L ___ XL ___

Competitors must be 15 years of age at the time of the event. The classifications are for both male and female. Please circle one:

15-24 25-34 35-44 45-54 55 and up Relay Team

2 or 3-PERSON RELAY TEAMS

Teams can be any combination of male, female, or co-ed. One class only (no age differentiation). See box above for entry fee details.

Relay Team Name: _____
 Member #2 of Relay Team: _____ Shirt size: _____
 Member #3 of Relay Team: _____ Shirt size: _____

In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release forever any and all rights and claims or damages I may accrue against the sponsors of this event, the officials, all municipalities, special districts and properties, private or public, or their representatives, for any and all injuries suffered by me while traveling to and from, and during, my participation in the "Escape to Crystal Lake" Triathlon.

Signature: _____
(Parent of Guardian if participant is under 18)

Relay Team **Signature #2:** _____

Relay Team **Signature #3:** _____