

13th RUDYARD LIONS SUMMERFEST TRIATHLON & 5K RUN

Sunday, July 26, 2009 – 9:30 a.m.

5K Run

24K Bike

1/2 K Swim

- Start and Finish at Rudyard High School
- 5K Run can be a stand alone event
- 5K runners will start with tri-athletes, but have a separate finish area.
- Triathlon is a Run – Bike - Swim (pool) format
- Safety: Run and bike is open road. Bikers - certified helmets required!
- Age groups: Male & Female – 10 year splits; Teams – All male (any age)
All female (any age), Co-ed (any age) Additional groupings in 5K youth
- Teams can be 2 or 3 people - Each team member must fill out application.
- “Lion’s Challenge” teams (2 or 3 members) enter and compete for \$250. See back of form for details.
- Awards for first overall individual male & female; top 3 finishers in each age group and Teams. Neat stuff for all participants!
- Participants are eligible for the Mackinac Bridge run lottery in 2010 & the UP Tri Triple Crown

Endorsed by the;
Michigan Fitness Foundation
www.michiganfitness.org



RACE FEES

5K Race Fee (before 7/15/09).....\$15.00

5K Race Fee (after 7/15/09).....\$17.00

Triathlon Race Fee (before 7/15/09)..... \$32.00

Triathlon Race Fee (after 7/15/09).....\$35.00

ALL Teams (per team) (before 7/15/09)..\$75.00

ALL Teams (after 7/15/09).....\$81.00

Discounts

UPPRC Member.....save \$2.00

Register on line at: www.active.com

Mail Entry to: Rudyard Lions Triathlon
11565 W. Welch Rd.
Rudyard, MI 49780

Race Day Registration – 7:30 a.m. to 9:15 a.m.

Make Checks to: Rudyard Lions Club
Phone 906-478-3205
FAX anytime 906-478-3205

Email Gary Davis, Race Dir. garydavis@centurytel.net

CIRCLE ONE: 5K Run Individual Triathlon Team Triathlon Lion’s Challenge

(Please Print) Last Name _____ First _____ MI _____

Address _____ City _____ State _____ Zip _____

Date of Birth _____ Sex: M F Phone # _____ email _____

SHIRT SIZE: M L XL XXL UPRRC Member? ___ Yes ___ No

Team entries **MUST** be mailed together! Team Name: _____

I hereby release sponsoring groups, other representatives, and all officials, workers, volunteers involved with this event from any and all rights and claims for injuries or illness suffered by me in this event. I understand that participation in this event is strenuous and I verify that I am physically fit to compete in said event.

Date _____ Signature _____ Guardian (if under 18) _____