

BLACKHAWK LAKE TRIATHLON REGISTRATION

September 4, 2010 - 10:30am - at the Beach

Bright Color Swim Cap and a Bike Helmet is Required (no exceptions)

Sign Me Up: (Check Box) or go to <http://www.panthercycling.com/blackhawktri.html>

- Super Sprint Tri "Little Brave Route" = 750 ft Swim, 5 mile Bike, 1.8 mile Run - Start Time 10:45 am
(Medals awarded to Top Three finishers of each category) (Athelete - Medals awarded to Top Three per Age Group- M/F)
- (Novice) (Athlete) (2 Person Relay) (3 Person Relay) (Family - non Competitive) (Canoe - Non Competitive)
- Modified Olympic Tri "Old Warrior Route" = Ultra Super Mini Tri = 450 meter Swim, 25.2 mile bike,
6+ mile Cross Country Run - Start Time 10:30am (Novice & Relays - Medals awarded to Top Three finishers of each category)
(Athelete - Medals awarded to Top Three per Age Group- M/F)
- (Novice) (Athlete) (2 Person Relay) (3 Person Relay)

Age Category: 15 - 19, 20-29, 30-39, 40-49, Over 50 Male/Female: Male Female
(Athlete Division - Only) (Novice & Athelete Division - Required)

Participant Name #1 (Team Captian): _____

Address: _____ (Waiver Signature)

Phone: _____ Shirt Size _____ Age: _____

Email: _____

My Leg (circle: Team/Family Only) Swim Bike Run _____
(How did you here about this event?)

For Family, 2 Member and 3 Member Relay fill out also:

Participant Name #2: _____ Team Name: _____

Address: _____ (Waiver Signature)

Phone: _____ Shirt Size _____ Age: _____

Email: _____

My Leg (circle): Swim Bike Run (Circle multiple if apply)

Participant Name #3: _____ (Waiver Signature)

Address: _____

Phone: _____ Shirt Size _____ Age: _____

Email: _____

My Leg (circle): Swim Bike Run

Refunds are not given for injuries, illness, schedule conflict, inclement weather, etc. once your entry has been received. The Blackhawk Triathlon may deem it necessary to alter the format of or cancel events for safety reasons due to inclement weather, course conditions, or unforeseen circumstances. If the course is altered for any unforeseen circumstances, there will be no refunds. For insurance purposes, there will no transferring of bib numbers to another athlete.

Disclaimer: A triathlon or endurance event is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury and property loss. Participants should be physically fit, and have sufficiently trained for participation in this event(s). Before entering into any such event, we advise that you see your physician first before training for this triathlon and/or any other exercise program. If you participate in this event(s), you need to be a strong swimmer, biker and runner. If for any reason, you are struggling with any portion of the training, we advise that you not to participate in the event(s) or look into participating as a relay and have someone else complete that portion of the race.

\$25.00 x _____	Ind/Team Member #1
+\$15.00 x _____	Team Member #2
+\$10.00 x _____	Team Member #3
+\$ 3.00 x _____	Yellow Swim Cap
+\$10.00 x _____	"BH Tri" Swim Cap
+\$10.00 x _____	Extra T Shirt S, M, L, XL
+\$10.00 x _____	Camping/ Site
= \$ _____	.00 Amount Due

Send Registration and Make Checks Payable to:
Blackhawk Lake Recreational Area
2025 Cty BH
Highland WI, 53543