



***Physically Strong!
Ecologically Sound! Naturally Fun!***



Physically Strong Triathlon

Saturday August 28, 2010

**Rota-Kiwan Scout Reservation & Al Sabo Land Preserve
6278 Texas Drive, Kalamazoo MI 49009**

Long Course: Ages 14-over - 400 yard swim, 6.5 mile (off road/trail) bike 3.1 mile (off road/trail) run
Short Course: Ages 7-13 - 100 yard swim, 1.3 mile (off road/trail) bike, .3 mile (off road/trail) run

Start Times:

Short Course: 8:15 a.m.

Long Course: 9:00 a.m. — but not before last Short Course participant crosses the finish line.

This triathlon is managed by the Southwest Michigan Council, Boy Scouts of America. The Race Director is Jim Mishler. This is an endurance event requiring minimal equipment which may include goggles for swimming, a functioning bicycle which can handle off road terrain, bicycle helmet (absolute requirement), and shoes for biking and/or running. Check the event web site for more details, information, and course maps; www.physicallystrongtriathlon.org. Please note the Rota-Kiwan Scout Reservation is not open to the general public for training in advance of the event. Suggested training sites will be noted on the web site. The adjoining Al Sabo Land Preserve is open for running and biking and the primary bike and run course sections are within the Preserve.

Name : _____

Address: _____

City/State/Zip: _____ **Phone** _____

E-mail _____ **Birthday:** _____ / _____ / _____

T-Shirt Size: Youth Small / Medium / Large Adult Small / Medium / Large / XL / XXL

Race Fees:

Long Course — \$45 if paid on or before August 13, 2010. \$50 if paid after August 13, 2010. \$60 if paid Day of Race.

Add \$5 if 14 –17 years old or \$10 if 18 or older if not a member of USAT.

Short Course — \$30 if paid on or before August 13, 2010. \$35 if paid after August 13, 2010. \$45 if paid Day of Race.

Add \$5 if not a member of USAT.

I'm a Shadow Racer—\$25 I will not be racing but I will be supporting:

_____.

Participant Registration Form (Continued)

ELIGIBILITY: The PHYSICALLY STRONG TRIATHALON is not limited on the basis of age or ability. People of any age or ability level may enter, and race officials strongly encourage all entrants to honestly evaluate their own fitness and preparedness. The best available medical evidence indicates that children may safely engage in distance running, cycling, and swimming if approached sensibly. However, runners who are under the age of 16 may be more susceptible to heat injuries and other injuries.

For safety reasons, running with pets, music head-sets, and strollers is prohibited!

WAIVER: I know that running, swimming, and cycling in a race is a potentially hazardous activity. I also know that I should not enter the race unless I am medically able and properly trained. A physical or consultation with a doctor is highly recommended. I agree to abide by any decision of a race official relative to my ability to safely complete the race. I assume all risks associated with racing in this event. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Southwest Michigan Council, BSA and all other sponsors, official volunteers, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Registration will not be processed without signature!

Participant Signature: _____ **Date:** _____

Parent/Guardian Signature (If participant is under 18): _____

Parent/Guardian Printed Name: _____

Emergency Contact Phone Number: _____

Return entry form, waiver and check payable to Southwest Michigan Council, BSA

This event is weather dependent. Should there be threatening or unsafe weather conditions on race morning, particularly an electrical storm, the Race Director may delay the start for up to one hour in order to allow for a safe start. If after a one hour delay the conditions are still determined to be unsafe, the event will be cancelled.

There will be NO REFUNDS in the event of a cancellation of the event.

USAT Annual member? Y N Annual Member # _____

(Please note that indicating you are an annual member of USAT when you are not at the point of registration is considered fraud. The annual number you place on the registration form must match your card which you must show for verification at packet pick-up. If you do not bring your matching card and personal ID to packet pickup you are subject to an additional registration fee, on top of the required \$10.00 single day fee. You will be informed of the additional fee at that point.)

*If you are not an annual member of USAT, you must complete the attached single day license & waiver. Adult fee is \$10.00 and youth fee (age 17 and under on race date) is \$5.00. Please do not use the form to purchase an **adult** annual membership. That may be done online at www.usatmembership.com.*

SOUTHWEST MICHIGAN COUNCIL—BOY SCOUTS OF AMERICA

1035 W Maple Street
Kalamazoo, Michigan 49008
(269) 343-4687 (800) 272-7962

Direct any questions to: Buzz Wheeler, Rota-Kiwan Scout Reservation Executive Director
269-343-4687 ext 19