



**Viroqua Triathlon**

**Saturday, July 19th 2014**

**Start time: 7:30 am**

**The 2014 Sprint course-**

1/4-mile Indoor Swim (9 full laps)  
15+ mile challenging bicycle route  
5K road and off-road run route

**The 2014 Olympic course-**

1/2- mile swim (18 full laps)  
25 mile+ challenging bicycle route  
10K road and off road run route

**Friday July 18<sup>th</sup> 6:30-8:00p.m.**

**Kids Triathlon**

Age groups- (6-8) 2 full laps, 1-mile bike, 1/2 mile run  
(9-11) 4 pool laps, 2 mile bike, 1 mile run  
\$20.00

**Mail in Registration Form**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Email Address: \_\_\_\_\_ Phone: \_\_\_\_\_

**Category:** *Circle the all that apply.*

Your Age Group: (12-14) (15-17) (17-19) (20-29) (30-39) (40-49) (50-59) (60-69) (70+)

Athena Class- (Female 150 lb+) Clydesdale Class-( Male 200 lb+)

Your estimated 1/4 mile indoor swim time: \_\_\_\_\_

T-Shirt Size (adult fitted, the MT Borah tech T's are tight fitting!)

\_\_ (S) \_\_ (M) \_\_ (L) \_\_ (XL) \_\_ (XXL)

**Entrance Fees:**

***Individual***

**before March 1<sup>st</sup>: \$55.00 before May 1<sup>st</sup>: \$60.00 before July 1<sup>st</sup>: \$75.00 *Day of event \$85.00***

***Team-*** Individual fee for the team captain based on entry date; "PLUS" \$40 for each additional athlete. Teams are only for the Sprint distance Triathlon.

***2 and 3 person teams are encouraged to enter!***

**Entry Fee: Total \_\_\_\_\_**

***Mail this form to:***

***Vernon Trails***

***311 North Washington Ave***

***Viroqua WI 54665***

***Online registration and payment is available @ [www.vernontrails.com](http://www.vernontrails.com)***