



Viroqua Triathlon

Saturday, July 18th 2015

Start time: 7:30 am

The 2015 Sprint course-

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

The 2015 Olympic course-

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

Friday July 17th 6:30-8:00p.m.

Kids Triathlon

Age groups- (6-8) 1 full pool lap, 1-bike lap, 1 run lap.
(9-10) 2 pool laps, 2 bike laps, 2 run laps. (11-13) 3 pool laps, 3 bike laps, 3 run laps.
\$15.00 preregistration, \$20.00 day of registration.

Mail in Registration Form; or register online at www.active.com!

Name: _____
Address: _____
City: _____ State: _____
Zip Code: _____
Email address: _____
Phone: _____ DOB _____ on event day. Age: _____.
Category:
Individual _____ Team _____
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 1st: \$55.00 before May 1st: \$60.00 before July 1st: \$75.00 *Day of event \$85.00*

***Team-* Individual fee for the team captain based on entry date, Team members receive a \$15.00 price reduction on their entry fee.**

2 and 3 person teams are encouraged to enter both distance events!

Entry Fee: Total _____

Please note; a liability waiver will need to be signed at Packet Pick-up on Race Day.

Mail this form to: Vernon Trails

***311 North Washington Ave.
Viroqua, WI 54665***