

*We are pleased to invite you
to participate in the 4th
annual...*



PHELPS TWIN TRI

Saturday, August 25th, 2018

ENTRY FORM

CATEGORY (circle one):

3-PERSON TEAM

2-PERSON TEAM

INDIVIDUAL

Where did you hear about this event?

- Participated Before
- Friend
- Facebook
- Website
- Other Online: _____
- Newspaper
- Radio
- TV
- Other: _____

LAST NAME: _____ FIRST: _____ MI: _____

Relay participant #1 or individual triathlon participant.

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____ EMAIL: _____

GENDER: _____ AGE: _____

LAST NAME: _____ FIRST: _____ MI: _____

Relay participant #2

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____ EMAIL: _____

GENDER: _____ AGE: _____

LAST NAME: _____ FIRST: _____ MI: _____
Relay participant #3

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____ EMAIL: _____

GENDER: _____ AGE: _____

WAIVER: I, the undersigned, waive and release myself, my heirs, executors and administrators, from any and all rights and claims for damages, demands and any other actions whatsoever, which I may have against the organizers of the Phelps Twin Triathlon, (8/25/2018), Phelps Chamber of Commerce, or any of their officers, members, sponsors, agents or representatives, arising out of traveling to, participating in, or returning from the Phelps Twin Triathlon (8/25/2018). I consider myself adequately trained for the completion of this event.

Participant(s) signature(s): _____
Relay participant #1 or individual triathlon participant.

(Parents or legal guardians MUST sign for participants under 18!)

Relay participant #2

Relay participant #3

Date: _____

Each race participant receives an event T-shirt with their entry fee. Please indicate the size T-shirt with each participant name below:

Race Participants (Indicate w/name)	Additional T-shirts for <u>NON-racers</u>
XS: _____	XS: _____
S: _____	S: _____
M: _____	M: _____
L: _____	L: _____
XL: _____	XL: _____
XXL: _____	XXL: _____
XXXL: _____	XXXL: _____

Pre-registration is encouraged; participants who register after 8/10/18 are not guaranteed a t-shirt on the day of the event. Registration fees are **\$35 for individual triathlon participants, \$60 for a 2-person team or \$90 per team.** Make payment to **Phelps Chamber of Commerce**. Cost for additional tee shirts: \$20. Mail registration to:

**PHELPS CHAMBER OF COMMERCE
P.O. Box 217
Phelps, WI 54554**

Rules and Race Information

The Phelps Twin Triathlon is a family and youth friendly event, meant to provide a challenging course in which to appreciate the beauty and wonder of our natural resources.

Course Map



Timeline of Event

January 1st - Registration opens.

August 10th - Pre-registration (guaranteed event t-shirt) closes.

August 25th - Race Day!

- 8:00 AM: Registration and sign-in opens. Pre-registered participants must sign in to receive event t-shirt and bib numbers and qualify for the race. New registrations will only be accepted until 8:30 am.
- 9:00 AM: Safety meeting
- 9:15 AM: Race begins
- 12:00 PM (approx.): Awards presentation

Categories/Participation

Individual registration is open to ages 8 and up, with parental permission required for any participants under 18. Children under age 13 may be accompanied by an adult for the paddle portion of the triathlon.

Participants are expected to adhere to all rules and be courteous and respectful of other racers and race volunteers. Upon registration, you will be given an event t-shirt and a bib number. Please place your bib number on your back in a visible manner. Be aware of your number to shout out to race officials as requested.

Participants are encouraged to bring family and friends along to cheer at the start and finish line but are reminded that on-course assistance is not allowed.

Timing

The Twin Triathlon is NOT professionally timed. Timing will be performed by volunteers and recorded as accurately as possible. All decisions regarding times by race officials are final.

Timing will begin when the whistle is blown at the beginning of the paddle segment. The official start time will be at the whistle. Each participant's finish time will be marked upon biking over the finish line. Therefore, transition times will be included in final times. However, participants are reminded that this is a relaxed event and are encouraged to take a break in between segments as needed.

The completion times of winners will be announced at the awards presentation. Completion times for all participants will be posted at <http://www.phelpswi.us/event/twin-triathlon> no later than 10 days following the event.

Awards

Trophies will be awarded in each category (Individual, 2-Person Team, 3-Person Team). Awards will be presented at approximately 12:00 pm, dependent on finish times of the majority of participants. There are no cash or other prizes given at this time.

Safety

The safety of all participants is of the highest priority. In the event a safety concern occurs with yourself or another participant, please flag down or notify the nearest race volunteer. Volunteers will be spread out throughout the triathlon at checkpoints to ensure racer safety. If you decide at any point to not continue, please inform the nearest volunteer. It is your responsibility to ensure adequate training and preparation for the event.

Paddle Segment

The paddle segment may be completed with a kayak or paddleboard. Life jackets are required. Children under the age of 13 may be accompanied by an adult in a 2-person tandem kayak or standup paddle board, whether racing as an individual or as a family team. At this time, canoes or tandem kayaks are not allowed for adult participants.

Racers will take their place in the water and the race will start at the whistle. Volunteers and emergency service personnel will be present on the lake route. You will be directed when to turn on the route. Upon finishing, you will leave your equipment on the shore and cross the highway to the bike area. Volunteers will remain within sight of the paddle area throughout the day but are not responsible for lost or damaged items.

Bike Segment

Water and restroom facilities will be available at the start point of this segment. Bike helmets are required and must be in place throughout this segment. Participants should be aware that the bike course is open to motor vehicle traffic. Please follow all cycling traffic laws.

The bike course will be marked at intervals as an aid, but it is the participant's responsibility to be familiar with the route. Racers will complete a portion of the bike segment and then leave their bike at the run check point before returning to their bike and completing the cycle course. Volunteers will be stationed at this check point but are not responsible for lost or damaged items.

Final time will be recorded when participants cross the finish line at the registration area.

Run Segment

Participants may run, jog, or walk this segment of the triathlon. Be aware that motor vehicle traffic is possible, although unlikely, on the run segment. The run course will be marked at intervals, but it is the participant's responsibility to be familiar with the route. Water and restroom facilities will be available at the start point of the run.

Refund/Cancellation Policy

The Twin Triathlon has a strict NO REFUND policy. If you have registered and are unable to attend, you MAY transfer your registration to another person with 24 hours notice to the race director OR apply registration fee to the following year's event. The race director reserves the right to cancel or alter the race and its course at any point to preserve racer safety. The race will take place, rain or shine, as long as it is determined safe. In the event of inclement weather (extreme winds, lightning, thunderstorms, hail, etc.), the race may be delayed or cancelled without refund at the discretion of the race director.

Bring Along...

Sunscreen
Safety Gear (PFD, helmet, etc.)
Bug spray
Water bottle
Appropriate Athletic Wear
Cell phone/Camera
Plastic Water Container
Energy bar/Snack
Your Cheerleaders
Your Sense of Adventure!

Leave Behind...

Headphones
Glassware
Purses/Valuable Items
Unsportsmanlike Conduct