



Holt Hometown Festival and Community Education



TRIATHLON

Sprint Triathlon: 400 meter (1/4 mile) swim, 16k (10 miles) bike, 5k (3.1 miles) run
(Indoor swim, paved road course, Troost Field track run)

Saturday August 28, 2010 - Start time 7:45 a.m. (first heat).
Check-in time between 6:30 a.m.-7:15 a.m.

There will be a pre-race meeting on Thursday, August 26th at 7:00 p.m. at the Holt Junior High Community Pool to review the course and rules.

Entry fee: \$60.00 and entry form due by August 5th.

Entry fee includes:

Event t-shirt

Pre- and post- race refreshments

Medals for all finishers

Awards to the top three division winners



Make checks payable to Holt Public Schools. Visa/MasterCard also accepted. Bring form and payment to the Holt Community Education Office at 5885 W. Holt Rd. Holt, MI 48842. **Entry forms must be received by August 5th.** One person per entry form. **NO RACE DAY ENTRIES. NO REFUNDS.** If you have any questions please contact Nila Husby at 699-3373 or the Holt Community Education office at 694-3411.

***VOLUNTEERS NEEDED!* Please come to an informational meeting on Friday, 8/21/10, 1:00 p.m. at the Holt Junior High pool. For more information, please contact Rhonda Helms at rhocha@comcast.net.**

TRIATHLON REGISTRATION FORM

Participant Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Email: _____ Date of Birth: _____ Age on 8/28/10: _____

Home Phone: _____ Daytime Phone: _____ Cell: _____

Is this your first triathlon? Yes No T-shirt size: S M L XL XXL

Gender: Male Female Division (age): 17-26 27-36 37-46 47-56 57+

If participant is under the age of 18, a parent/guardian name and signature must be included on the line below, indicating parent approval of participation:

Parent name

Parent Signature

Date

Payment: Cash _____ Check # _____

Mastercard/Visa _____ Exp. Date _____ Name on Card _____ Signature _____

All participants MUST complete a waiver (Hold Harmless Agreement) releasing Holt Public Schools, Holt Community Education, Delhi Charter Township (of Ingham County), the Holt Hometown Festival, organizers, and volunteers from any liability for harm or injury sustained while participating in this event. For participants under the age of 18, the waiver must be signed by a parent/guardian.