

day of the race timeline

- 07:00 AM transition area opens
- 07:00 AM check in and body marking
- 08:45 AM pre-race meeting
- 09:00 AM race start
- 11:30 AM kids races
- NOON awards



SATURDAY, May 15
2010
PARK RAPIDS, MN
9:00 AM
500 yd POOL SWIM
14.7 MILE BIKE
5K RUN

kids race start time is approximate.

www.lakestopines.com

WWW.LAKESTOPINES.COM

218-237-3737	218-732-3389	218-732-9862	218-237-8000
218-732-9529	218-732-3366	218-732-7625	218-237-7200
	Thank you to all of our sponsors! Without your generous support, this event could not happen.		
877-274-3040			218-732-3353

entry limited to first 100 applicants

individual entry \$50

team relay entry \$75

kids entry \$10

mail your completed entry to
Lakes to Pines Triathlon
c/o Glen & Lori Goebel
P.O. Box 388
Park Rapids, MN 56470

For Up to Date Info or to Register Online:
www.lakestopines.com

INDIVIDUAL ENTRY REGISTRATION FORM

If Relay, use Relay Entry Registration Form to the right.

LAST NAME:	
FIRST NAME:	
DATE OF BIRTH:	AGE:
MALE:	FEMALE:
ADDRESS:	
CITY:	
STATE:	ZIP:
ESTIMATED 500 TIME:	

(Necessary for Wave Placement)

Tshirt Size: S M L XL XXL

EMAIL:
PHONE:

Liability Waiver will need to be signed at packet pickup.

RELAY ENTRY REGISTRATION FORM

If Individual, use Individual Entry Registration Form to the left.

RELAY TYPE:					
MALE	FEMALE			CO-ED	
SWIMMER:					
ESTIMATED 500 TIME:					
(Necessary for Wave Placement)					
BIKER:					
RUNNER:					
TSHIRT SIZES:					
SWIMMER:	S	M	L	XL	XXL
BIKER:	S	M	L	XL	XXL
RUNNER:	S	M	L	XL	XXL

CONTACT INFORMATION:

NAME:	_____
ADDRESS:	_____
CITY:	_____
STATE:	_____
STATE:	ZIP: _____
EMAIL:	_____
PHONE:	_____

Liability Waiver will need to be signed at packet pick-up by each team member.