



## 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

KIDS RACE START TIME IS APPROXIMATE

**[www.lakestopines.com](http://www.lakestopines.com)**

**Entry limited to first 100 applicants**

**Individual entry \$50**

**Team relay entry \$90**

**Kids entry \$10**



**Saturday, June 16,  
2012**

**Park Rapids, MN**

**9:00 am**

**500 yd pool swim**

**14.7 mile bike**

**5K run**

**Mail your completed entry to: Lakes to Pines  
Triathlon**

**c/o Shane & Angie Graham**

**20062 Foxglove Drive**

**Park Rapids, MN 56470**

**For Up to Date Info or to Register Online:**

**[www.lakestopines.com](http://www.lakestopines.com)**