

# CA-RUN-BI 2009

3<sup>rd</sup> ANNUAL TRIATHLON

BOAT, BIKE, & BOOGIE (RUN)

Saturday, July 25<sup>th</sup>, 2009

Registration at 6:30-7:45 a.m. - Race Starts at 8 a.m.

Chetek City Beach Chetek, WI



## Awards

Traveling Team Trophy - Championship Team  
Medals – Top 3 teams & Top Female & Male Soloist  
Free T-shirts for all participants



See Rules & Route on Back.....

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Entry Fees: (Before July 1<sup>st</sup>) Solo - \$15, Team - \$40  
(After July 1<sup>st</sup>) Solo - \$20, Team - \$50

Individual Name: \_\_\_\_\_ Female/Male

Team Name – Sponsor: \_\_\_\_\_

Contact Person: \_\_\_\_\_

Address: \_\_\_\_\_

Phone/Cell Number: \_\_\_\_\_

Team Members/Age: Boater(s) 1) \_\_\_\_\_

2) \_\_\_\_\_

Biker 3) \_\_\_\_\_

Runner 4) \_\_\_\_\_

T-shirt Sizes for Team/Individual (enter quantity for team):

\_\_\_\_\_ X-LG, \_\_\_\_\_ LG, \_\_\_\_\_ M, \_\_\_\_\_ S

Register Early to insure the right T-shirt size....

Mail Entry Form/Fee to: Chetek Booster Triathlon PO Box 705 Chetek, WI 54728

Make Checks Payable to: Chetek Booster Club – Triathlon

Contact Person: Rosa Lea or Dennis Bachman Messages/Questions: 715-859-6644

## **Rules & Regulations:**

Everyone must have fun and be respectful of the other participants!

Maximum of 4 team members allowed. A waiver has to be signed by each participant and turned into check-in desk on the day of the event. If a team member is not 18 years old, a parent or guardian must sign the waiver in order for them to participate. Teams are responsible for their own boats/PFD and bikes/helmets. Life jackets/PFD and helmets required. Canoes/Kayaks are recommended. **No motorized boats or bikes allowed.** The day of the race, numbers will be assigned to each team. Participants must wear their numbers to qualify for placing. There will be check points at various spots throughout the race.

The triathlon starts at the beach with a half mile boat paddle to a designated spot. The paddler(s) will have to go around the designated spot and come back to the Chetek Beach. Biking will then begin. The bikes will also be parked at the beach for the next participant to start. There will be an exchange of “baton” to each team member before continuing with the next leg of the race. Biking will be a 9.5 mile route. Bikers will return to the beach to meet their running team member. Runners will run the “Fishy 4” route and return back to the beach for the finish.

Awards will take place at the completion of all the participants at the beach.

This event is made possible by: ***The Chetek Bulldog Booster Club***

Forms, Maps and Information available at:

[www.chetek.k12.wi.us](http://www.chetek.k12.wi.us)

Look under Booster CA-RUN-BI Triathlon