

Freedom Springs Triathlons 2014

The 29th annual combination adult/kids swim-bike-run event will be held at the beautiful Blue Springs Recreation Park, 5461 Blue Springs Road in Marianna, Florida on Friday, July 4th, 2014.

Packet pick-up begins at **5:00 am** at the Park on the day of the race. The adult race begins at **7:00am CST** and the kids' race will follow at **8:45am CST**. (Note: Please make sure your child has signed in by 8:00)

****THERE IS NO RACE DAY REGISTRATION!!****

*******2014 REGISTRATION WILL OPEN APRIL 1, 2014 THROUGH ACTIVE.COM*******

******* REGISTRATION DEADLINES ARE AS FOLLOWS WITH NO EXCEPTIONS *******

- **GUARANTEED T-SHIRT OPTIONS:**

- 1) Snail Mail (check or cash)- must be postmarked by Thursday, June 19, 2014*
- 2) Active.com- Must be submitted by midnight Sunday, June 22, 2014

- **NO T-SHIRT OPTION:**

This option is available only through active.com and the deadline is midnight Wednesday July 2, 2014.

(* ALL applicants registering via snail mail must have their submissions postmarked by Thursday, June 19, 2014 whether you want a t-shirt or not. Checks should be written to FST. If you miss the snail mail deadline, you may register through active.com only.)

*****PLEASE NOTE: Triathlete participants must present top portion (above waiver) of this form at front gate for free entry into the park. Family, friends, & other spectators will be charged an entry fee of \$2 per person.***

*******RACE AND PRICING INFORMATION*******

Adult Distances - 1/4 mile swim, 10 mile bike, 5K run.

Kids Distances - 100 yard swim, 3 mile bike, 1 mile run.

Awards and fees as follows:

Adult race - \$50.

3 deep overall male & female

3 deep age groups: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+

Kids race - \$20.

3 deep overall boy & girl

3 deep age groups: 6 & younger, 7-8, 9-10, 11-12.

NOTE: Younger adults (13+) can choose to participate in the kids race, but will not be eligible for any awards

Adult Relay Race- \$105. (No kids relay available)

1st all male, 1st all female, 1st mixed

Specialty awards - 1st overall male & female in the following categories- Master (40-49), Grand Master (50-59), Great Grand Master (60+), Fat Tire and Local (Jackson County).

Awards ceremony will begin at approximately 10:15 am CST. TROPHIES MUST BE COLLECTED AT AWARDS CEREMONY.

***** THE FINE PRINT *****

- Timing chips will be used for this race. Race organizers will also mark each participant with their race #. Each participant is responsible for visibility of race # on body at finish chute.
- Approved helmets required for bike portion of race.
- Water furnished at run turn around and finish chute area. It is recommended that you furnish yourself with plenty of fluids for bike portion of race.
- Wetsuits allowed.
- Swim caps will NOT be provided.
- The race goes on RAIN OR SHINE. In the event of lightning, the event director has the right to delay the start time or call the race off. All attempts will be made to run the race as scheduled.
- No refunds. No exceptions.

***Save \$2 by cutting here & presenting above portion at park entry**

*******REGISTRATION FORM: PLEASE MAKE SURE ALL OPTIONS ARE MARKED*******

Print name clearly- _____ M-___ F-___ Age- _____

T-shirt (circle) - CS CM CL S M L XL

Print Email address clearly- _____ Phone- _____

***Circle one only** - [Individual- Male / Female] [Relay- Mixed / Male / Female] [Kids Race- Boy / Girl]

***Specialty divisions (Choose One)** - Master / Grand Master / Great Grand Master/Fat Tire/Local

It is important that you *print your email legibly* on the entry form taking care to *differentiate between letters and numbers with a slash thru numbers*. All participants listed on the FST e-mail list will receive registration forms prior to the upcoming event via email. Printable entry forms will be available after April 1, 2014 at - <http://www.runningintheusa.com> or <http://www.trifind.com>.

*Waiver: I am in good physical condition and have thoroughly trained for this event. In case of any accident or injury that may occur to me due to my participation in this event, I release the Jackson County Sheriff's department, Blue Springs Recreational Department, Jackson County Commissioners, and all sponsors and volunteers associated with the annual Freedom Springs Triathlons event.

Signature- _____ Date- _____

For registration confirmation, email **ATTN:Tirzah - freedomspringstri1@gmail.com**

For all other race information, contact Terry Edwards, FST Event Director via email, **ATTN: Terry- freedomspringstri1@gmail.com**. You can also contact Terry by phone at (850) 529-2880.

Write & remit check to- FST, 3238 Sharer Rd. Tallahassee, FL 32312

*Overnight accommodations - Arrowhead Campsites 850-482-5583 Microtel Inn & Suites 850-526-5005