

REGISTER ON-LINE AT ACTIVE.COM

20th RUDYARD LIONS SUMMERFEST TRIATHLON & 5K RUN

Sunday, July 31, 2016 – 9:30 a.m.

5K Run

**24.3K Bike
Swim**

1/2 K

- Start and Finish at Rudyard High School
- 5K Run can be a standalone event
- 5K runners will start with tri-athletes, but have a separate finish area. Endorsed by the Michigan Fitness Foundation
- Triathlon is a Run – Bike - Swim (pool) format
- Safety: Run and bike is open road. Bikers - certified helmets required!www.michiganfitness.org
- Age groups: Male & Female – 10 year splits; Teams –
- All male (any age)
- All female (any age)
- Co-ed (any age) Additional groupings in 5K youth
- Teams can be 2 or 3 people - Each team member must fill out application.
- “Lion’s Challenge” teams (2 or 3 members) enter and compete for \$250. See back of form for details.
- Awards for first overall individual male & female; top 3 finishers in each age group and Teams.
- Neat stuff for all participants! Meal for participants & families!
- Participants are eligible for the [Mackinac Bridge run lottery](#) in 2017 & the UP Tri Triple Crown

RACE FEES

5K Race Fee (before 7/19/16).....\$15.00
5K Race Fee (after 7/19/16).....\$17.00

Triathlon Race Fee (before 7/19/16)..... \$32.00
Triathlon Race Fee (after 7/19/16).....\$35.00

ALL Teams (per team) (before 7/19/16)..\$75.00
ALL Teams (after 7/19/16).....\$81.00

Discounts

UPRRC Member.....save \$2.00

Register on line at: www.active.com

Mail Entry to: Rudyard Lions Triathlon
P.O. Box 173
Rudyard, MI 49780

Race Day Registration – 7:30 a.m. to 9:15 a.m.

Make Checks to: Rudyard Lions Club
Phone 906-478-5244
FAX anytime 906-478-3205
Email Gary Davis, Race Dir.
rudyardslions@gmail.com

(Please Print) Last Name _____ First _____ MI _____
Address _____ City _____ State _____ Zip _____
Date of Birth _____ Sex: **M** **F** Age on Race Day _____ Phone # _____
Email _____

CIRCLE ONE: 5K Run Individual Triathlon Team Triathlon (M F COED) Lion’s Challenge

SHIRT SIZE: S M L XL XXL UPRRC Member? ___ Yes ___ No
Team entries MUST be mailed together! Team Name: _____

I hereby release sponsoring groups, other representatives, and all officials, workers, volunteers involved with this event from any and all rights and claims for injuries or illness suffered by me in this event. I understand that participation in this event is strenuous and I verify that I am physically fit to compete in said event and that my image may be used in promotion of this event.

Date _____ Signature _____ Guardian (if under 18) _____