

ADULT TRIATHLON

Sunday, July 10

Downtown Pewaukee Lakefront
6:30 a.m. sharp

Swim is point-to-point. There will be plenty of buoys and a ballon arch for the finish to use as a guide.

The bike course heads out on Prospect Ave. It enters a quiet suburban area with flat winding roads. It takes in the open range of Golf Road and then goes around Pewaukee Lake.

The run course first hugs the shoreline, next a quick hill and the remaining course is downhill.

EVENT HIGHLIGHTS

Awards will be given to top 3 female/male in 5 year age groups: 14 & under to 95 plus.

Awards will also be given to the first overall female/male winners and to the top 3 overall Relay Teams, Clydesdale & Athena.

“P3 Peak Performance” will offer open water swims on Sat.: 9 a.m., 11 a.m., 1, 3 and 5 p.m. at the beach.

All participants will receive a dri-wick shirt, goody bag, chip timing, swim cap & a bountiful brunch.

TRAVEL & ACCOMMODATIONS

SPECIAL RATES BELOW - Say “The Pewaukee Triathlon”

Holiday Inn \$104/night 262-506-6300
 N14 W24140 Tower Place, Pewaukee

Comfort Suites \$89/night 262-506-2000
 N14 W24121 Tower Place, Pewaukee

Milwaukee Marriott West \$99/night 262-574-0888
 W231 N1600 Corporate Ct., Pewaukee

KID'S TRIATHLON

Saturday, July 9

Downtown Pewaukee Lakefront
7:30 a.m. SHARP

This is a fun event! Swim is parallel to the shore. Water is never above waist deep. Top 3 female/male in each age receive a trophy. All kids receive t-shirt, goody bag and medal. Helmets are mandatory.

Distances modified for each age. **Only** parents of the 3-6 year olds allowed in the transition area and **only** when their child's event is taking place.

age 3-4	25 ft. swim	500 ft. bike	50 ft. run
age 5-6	50 ft. swim	1/2 mile bike	1/8 mile run
age 7-10	200 ft. swim	1 mile bike	1/4 mile run
age 11-12	500 ft. swim	2 mile bike	1/2 mile run

REGISTRATION/ PACKET PICK UP

Attitude Sports (across from the beach)
 203 West Wisconsin Ave. • Downtown Pewaukee
 Clinics & Course Talks held throughout the weekend.

Friday, July 8
 Kids and Adults 4-8 p.m.

Saturday, July 9
 Kids 6:30-7:30 a.m. Adults 10-5 p.m.
 If needed, packet pick up is also Sunday 5-6 a.m.
More Info:
800-429-8044 **midwestsportsevents.com**

Fees: **Make checks payable /send to:**
Adults \$70 **Midwest Sports Events**
2 Person Relay \$40/each **2070 Lawrence Drive**
3 Person Relay \$35/each **De Pere, WI 54115**
Kid's to 7/8 \$15, Day of Event \$20
Online registration: active.com

CHECK ONE: Sprint ___ **Kid's** ___ **PLEASE PRINT**

First _____ Last _____
 Female ___ Male ___ D.O.B. ___/___/___
 E-mail _____
 Phone _____
 Address _____
 City _____ State _____ Zip _____
 Athena _____ Clydesdale _____ (optional)
 Shirt size: Child S(6-8) M(10-12) L(14-16)
 Adult S M L XL XXL

ONLY CHECK if you need swim start special placement:
 Elite Wave _____
 Fill in your best event and overall place
 Event: _____ Overall Place: _____
 I would like the wave with slower swimmers _____

RELAY TEAM

SWIMMER

First _____ Last _____
 Address _____
 City _____ State _____ Zip _____
 Circle Shirt size: S M L XL XXL
 Phone _____
 E-mail _____

BIKER

First _____ Last _____
 Address _____
 City _____ State _____ Zip _____
 Circle Shirt size: S M L XL XXL
 E-mail _____

RUNNER

First _____ Last _____
 Address _____
 City _____ State _____ Zip _____
 Circle Shirt size: S M L XL XXL
 Email _____

Payment Method: Cash ___ Check ___ Visa ___ MC ___
 Ex. Date ___/___/___ Sig. no. ___
 CC# _____

Fill in Appropriate Fee:

___ Individual
 ___ Relay
 ___ Kid's Tri - \$12 each for any group of 3 or more
 ___ Add \$2 for XXL
 ___ Total

All participants must sign the waiver on the other side →

*USE ONE FORM PER PERSON, THIS FORM MAY BE DUPLICATED.



-To Benefit-
Positively Pewaukee

Waiver: I know that competing in a triathlon is a potentially hazardous activity. I should not enter and compete unless I am medically able and properly trained. I agree to abide by a decision of a race official relative to my ability to safely complete the triathlon. I assume all risks associated with competing in this event including, but not limited to: falls, contact with other participants, effects of the weather including, cold, high heat or humidity, traffic and conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act in my behalf waive and release all race officials and agents; the City of Pewaukee; and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event though that liability may arise out of negligence or carelessness on the part of persons named and not named in this waiver.

Signature of Entrant

Date

Signature of Parent/Guardian (if under 18)

Date

**Pewaukee Triathlon
Midwest Sports Events
2079 Lawrence Drive
De Pere, WI 54115**

PRSR STD
U S POSTAGE PAID
Green Bay, WI
Permit no.460

Other Midwest Sports Events in your area: **Lake Country Half Marathon and Dousman Duathlon**

Pewaukee Triathlon

Sunday, July 10
6:30 a.m.

Sprint Distance
1/4 mi. swim • 16 mi. bike • 5k run

It's Fun

Sandy Beach

Unique Trophies

Bike the Lake

Brunch Buffet

Kid's Tri Too!

REGISTER EARLY! 1300 Person Limit

midwestsportsevents.com
800-429-8044