

Chisago Half Iron & Sprint Triathlon

Sunday, July 22

Paradise Park, Chisago City
7 a.m.

Course

Sprint: .25 mi. swim 22 mi. bike 3.1 mi. run

Half Iron: 1.2 mi. swim 56 mi. bike 13.1 mi. run

The swim is at beautiful Paradise Park on Chisago Lake. Plenty of buoys and a balloon arch for the finish. Bike course has a few rollers. The run goes through charming residential streets with huge community support.

For course map: midwestsportsevents.com

Registration & Expo

Course Talks, open water swim, Packet Pick-up
Paradise Park, Chisago City

Fri, July 20 4 - 8 p.m. Sat, July 21 Noon - 5 p.m.

Sun, July 22 4:30- 6:45 a.m.

Training Rides

June 2, 23 & July 7 • Paradise Park, Chisago City

Details: 651-464-4035 • Forest Lake Cycle & Skate

Accommodations

Host Hotel: AmericInn North Branch

Special rate for athletes! 1-651-674-3267

Camp Ojiketa is overlooking Green Lake and has a variety of options from camping to cabins (sleeps up to 14 people). For details:

ci.chisago.mn.us Ask for special rate: 651-257-4162

Youth Triathlon

Saturday, July 21

Paradise Park, Chisago City

9 a.m.

Registration/Packet Pick-Up:
Fri. 4-8 p.m. & Sat. 7:30-8:45 a.m.

New age groups & distances

Distance modified for each age group. Helmets are mandatory. Top 3 female/male in each age receive an award. All kids receive medal, shirt, goody bag & food.

age 13-15 800 ft. swim 4 mile bike 1 mile run

age 9-12 400 ft. swim 2 mile bike 1/2 mile run

age 6-8 200 ft. swim 1 mile bike 1/4 mile run

age 4-5 100 ft. swim 1/2 mile bike 1/8 mile run

AWARDS

\$5000 in prize money for the 5 top female/male in the Half & overall award to top female/male in the Sprint. The prize purse is: male/female \$1000, \$600, \$400, \$300 & \$200. Age group awards to the top 3 female/male in 5 year age groups from 14 & under to 95+. Medals for the Half finishers. Awards to the top 3 Relay, Athena & Clydesdale.

HOW TO GET TO PARADISE PARK

From the Twin Cities, take 35W or 35E north to I-35. Exit 132 east onto Hwy 8 (10 miles) to Chisago City. In Chisago City turn right at stoplight at Old Towne Rd. & left to: 11031 Stinson Ave. • Chisago City, MN 55013

FEES

Sanctioned by USAT. You need to be a USAT member or buy a 1-day membership for \$12.

Received by:	To 7/21	Day of Event
Sprint (Individual)	\$55	\$75
Half Iron (Individual)	\$110	\$120
Sprint Relay	\$35/ea.	\$40/ea.
Half Iron Relay	\$50/ea.	\$55/ea.
Youth USAT doesn't apply	\$15	\$20

Make check to: Midwest Sports Events

Send to: 2079 Lawrence Drive De Pere, WI 54115

Fee discount with purchase from Store Sponsors

CHECK ONE: Sprint ___ Half Iron ___ Youth ___

First _____ Last _____

F ___ M ___ D.O.B. ___/___/___ Age _____

USAT no. _____ Phone _____

Email _____

Address _____

City _____ State _____ Zip _____

Athena (F-150 lbs+) _____ Clydesdale (M-200 lbs+) _____

(optional)

Shirt size: Child S(6-8) M (10-12) L (14-16)

Adult S M L XL XXL

Fill in if you need swim start special placement:

Elite Wave ___ Fill in your best performance & overall place

I would like the wave with slower swimmers ___

RELAY TEAM

SWIMMER

First _____ Last _____

Address _____

City _____ State _____ Zip _____

USAT # _____ Shirt size: Sm Med Lg XL XXL

E-mail _____

BIKER

First _____ Last _____

Address _____

City _____ State _____ Zip _____

USAT # _____ Shirt size: Sm Med Lg XL XXL

E-mail _____

RUNNER

First _____ Last _____

Address _____

City _____ State _____ Zip _____

USAT # _____ Shirt size: Sm Med Lg XL XXL

Email _____

Visa ___ MC ___ Ex. Date ___/___/___ Sig. no. _____

C. C. # _____

FILL IN:

___ Registration FEE

___ Add \$12 per adult if not a USAT member

Purchase \$20 or more at Gear West Bike, Forest Lake Cycle and Skate or Tri Fitness take \$10 OFF HALF IRON or \$5 OFF SPRINT

Store Sales Rep Signature _____ Date _____

___ Youth Tri - \$12 each for 3 or more youth

___ Add \$2 for XXL

___ Total

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

