

**SCHEELS.**

# High Cliff Triathlon



## Saturday, June 16

### High Cliff State Park

Sherwood, WI

**SATURDAY - Gun Goes off at 7 a.m.**

#### REGISTRATION/EXPO/PACKET PICK-UP

Lake Park Swim & Fitness (2 miles from park)

Friday, June 15 12 - 8:30 p.m.

High Cliff State Park

Saturday, June 16 5:30 - 6:45 a.m.

#### Perks

All entrants receive a dri wick shirt, goody bag and swim cap. Wetsuit strippers available when coming out of the swim. Lake Park Swim and Fitness will host yoga the morning of the event near the transition.

#### Awards

Award given to the overall f/m in the Sprint. Age group awards to the top 3 female/male in every 5 year increments from 14 & under to 95. Awards to top 3 relays, Athena & Clydesdale. Medals for Half Iron finishers. High Cliff Triathlon is part of the 5 STAR Series which also has awards and prizes. See website for details.

#### Special Hotel Rates: "Say you're with the High Cliff Triathlon"

**Hilton Garden Inn** 920-730-1900

**Days Inn** in Appleton 920-733-5551

**Cambria Suites** in Appleton 920-733-0101

**Course maps, directions to High Cliff State Park, Lake Park Swim and Fitness, rules and details:**  
[midwestsportsevents.com](http://midwestsportsevents.com) or 800-429-8044

## Fox Cities Triathlon Club Welcomes you!



Club Host

#### Course

**Swim** parallels the shore with many buoys for sighting. Sprint is a turn around point. The Half Iron course is a rectangle layout; same as Ironman Wisconsin.

**Bike** up the famous "High Cliff" hill. A few rolling hills take you along Lake Winnebago's east side shoreline. Half Iron has 3 water/Gatorade Hand off stations.

**Run** is in the park; mostly on trails with plenty of Gatorade and water. Half Iron is a double loop with an ice station and water stations have fruit, Hammergel and carbs.

#### Parking

State park pass is required for entrance into the park. You can purchase a daily pass for \$7 at the Expo or Park Office. Parking is also available outside of the park.

#### Post Race

All entrants will enjoy a BUFFET. To recover, Half Iron will have available massages and ice baths.

Event is sanctioned by USAT-governing body of the sport. Participants need to have a USAT number to compete or purchase a USAT 1 day membership for \$12.

	To 6/15	Day of Event
Sprint (Individual)	\$55	\$65
Half Iron (Individual)	\$105	\$115
Sprint Relay	\$35/each	\$40/each
Half Iron Relay	\$50/each	\$55/each

**Each relay team member needs USAT no. or pay \$12 fee**

\*Make check payable and send to: Midwest Sports Events  
2079 Lawrence Drive • De Pere, WI 54115

PLEASE PRINT Check: Sprint \_\_\_\_\_ Half Iron \_\_\_\_\_

First \_\_\_\_\_ Last \_\_\_\_\_

USAT # \_\_\_\_\_ F \_\_\_\_\_ M \_\_\_\_\_ D.O.B. \_\_\_\_/\_\_\_\_/\_\_\_\_

Age \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

E-mail \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Athena (F-150 lbs +) \_\_\_\_\_ Clydesdale (M-200 lbs +) \_\_\_\_\_ (optional)

Shirt: Sm Med Lg XL XXL

ONLY CHECK if you need swim start placement:

Elite Wave \_\_\_\_\_ If so, fill in your best event and overall place

\_\_\_\_\_ I would like the wave with slower swimmer

**Relay Team Check: Relay Sprint \_\_\_\_\_ Relay Half Iron \_\_\_\_\_**

#### SWIMMER

First \_\_\_\_\_ Last \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

USAT # \_\_\_\_\_ Shirt: Sm Med Lg XL XXL

E-mail \_\_\_\_\_

Ph: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

#### BIKER

First \_\_\_\_\_ Last \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

USAT # \_\_\_\_\_ Shirt: Sm Med Lg XL XXL

E-mail \_\_\_\_\_

#### RUNNER

First \_\_\_\_\_ Last \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

USAT # \_\_\_\_\_ Shirt: Sm Med Lg XL XXL

E-mail \_\_\_\_\_

Circle: Cash Check Visa Mc Ex. \_\_\_\_/\_\_\_\_ Sig. # \_\_\_\_\_

CC# \_\_\_\_\_

#### Fill in Appropriate Fee

\_\_\_\_\_ Sprint

\_\_\_\_\_ Half Iron

\_\_\_\_\_ Relay Sprint

\_\_\_\_\_ Relay Half Iron

\_\_\_\_\_ Add \$12 per participant if not a USAT member

\_\_\_\_\_ Add \$2 for XXL

\_\_\_\_\_ **Total** \_\_\_\_\_ This form may be duplicated.