

ADULT TRIATHLON SUNDAY, AUGUST 5

6:45 a.m.
New Start Time!

Swim

Out and back swim will be in the warm, calm water of Lake Winneconne. Plenty of buoys and a balloon arch for the finish to serve as a guide.

Bike

The bike course goes north through quiet country, well paved roads with gentle hills to Larsen, then east through wild marshland, curving up and around with a spectacular view of Winnebago County. The course finishes by a rural wooded area which parallels the shoreline of Lake Poygan.

Run

Run crosses the Main Street Bridge, spanning the Wolf River, out to a residential area traveling flat country roads, then following the river back.

Register/Package Pick-Up SATURDAY, AUGUST 4

Lake Winneconne Park

11 a.m. to 5 p.m.

Clinic and course talks held on Saturday.

Day of Event

5:30 to 6:40 a.m.

**Olympians refuel with
ice baths & chocolate milk**

Event Info:

Website: midwestsportsevents.com

Phone: 800-429-8044

E-mail: info@midwestsportsevents.com

Site: Lake Winneconne Park, 200 Parkway Dr.

Winneconne - 10 minutes NW of Oshkosh
Check us out on Facebook!

Oshkosh area Triathlon

Sunday, August 5 Lake Winneconne Park

Amenities & Awards

All participants in the adult race receive a dri-wick shirt, swim cap, goody bag, chip timing, food & fun after. Plenty of aid stations on the course.

Age group awards to top 3 female & male from 14 & under to 95+, in 5 year increments. Awards to the overall male & female, top 3 relay teams, Athena & Clydesdale.

Fees	To 8/4	Day of Event
Sprint	\$55	\$65
Sprint Relay	\$30/each	\$35/each
Olympic	\$65	\$75
Olympic Relay	\$35/each	\$40/each

Make check payable & send to: **Midwest Sports Events**
2079 Lawrence Dr. • De Pere, WI 54115

* Please write your email legibly. This is very important and needed to send updates, changes, and discounts.

CHECK ONE: Sprint___ Olympic___

First _____ Last _____

Female__ Male __ D.O.B ___/___/___ Age _____

E-mail _____

Phone _____

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

ONLY CHECK if you need swim start special placement:

Elite Wave___

If so, 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

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 - \$10 each for 3 or more

____ Add \$2 for XXL

____ Total

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