

# PAYETTE LAKES YOUTH TRIATHLON

**JULY 30<sup>th</sup>, 2010**

**WHERE:** Payette Lakes Middle School, Barbara Morgan Elementary School, and Woodlands Swimming Pool. Drop off only at Woodlands swimming pool. Please park in either school parking lot. The finish is at the middle school track.

**START TIMES:** Friday, July 30<sup>th</sup>, 2010 - 5 p.m. (Adult triathlon: Saturday, Aug 14<sup>th</sup>, 2010)

**REGISTRATION:** Additional registration forms available at Gravity Sports, Hometown Sports, Rudy's gym, Aspen Sports Club, Pro Peak Sports, or online at [www.littleskihill.org](http://www.littleskihill.org), [www.mccallskiracingteam.com](http://www.mccallskiracingteam.com). Registrations received after Wednesday July 28<sup>th</sup>, will be charged a \$2.00 late fee. Late registration (on site) will close at 4:15 PM Friday the 30<sup>th</sup>. For questions or comments email [suzanne64@frontiernet.net](mailto:suzanne64@frontiernet.net) Mail registration and payment to: Payette Lakes Youth Triathlon, PO Box 4391, ID 83638. Make Checks payable to: Payette Lakes Youth Triathlon.

**REGISTRATION FEE:** \$15.00 (participation gift included).

## DIVISIONS

**5-6 years old:**

**7-9 years old:**

**10-12 years old:**

**13 -15 years old:**

## DISTANCE

Swim\* 30 yards (2 lengths), bike 0.6 miles, run 0.25 miles.

\*Swimmers in this division may use a kick board or flotation device.

Swim 60 yards (4 lengths), bike 1 mile, run 0.5 miles.

Swim 90 yards (6 lengths), bike 1.5 miles, run 0.75 miles

Swim 120 yards (8 lengths), bike 3 miles, run 1.5 miles.

**SAFETY:** Lifeguard will be on duty. Bicycle helmets are required.

## ----- REGISTRATION FORM -----

Name \_\_\_\_\_ Age \_\_\_\_\_ Male / Female Phone \_\_\_\_\_

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

Contact email address \_\_\_\_\_

In consideration of the acceptance of my entry, I do hereby, for myself, my heirs, executors and administrators, waive, release and forever discharge any and all rights and claims for damages which I may have or which may hereafter occur to me against Payette Lakes Ski Club, Boydston-Hovdey Foundation, Payette Lakes Sports Club, City of McCall, McCall-Donnelly School District, The Woodlands Home Owners Association, Valley County, any sponsors, volunteers, and participants from all claims or liabilities of any kind arising out of my participation in this event. I further assume all risks involved in this activity and the risk of any injury there from or relating thereto. I have read the above statement, I understand it, and my signature confirms its full acceptance. I, as the parent or legal guardian, do hereby give my consent for my above-named child to participate in the above-named event and I do hereby understand and accept for my child and myself the above Declaration of Release.

Signed \_\_\_\_\_ Date \_\_\_\_\_

***We would like to thank and acknowledge our Sponsors:***

Alliance Title & Escrow Corporation

Boydstun-Hovdey Foundation

First American Title Company

Gear & Grind

McCall-Donnelly School District

Paul's Market

Payette Lakes Ski Club

Payette Lakes Sports

Pro Peak Sports

Woodlands Home Owners Association

**PROCEEDS** go to help get kids on skis through the Boydstun-Hovdey Foundation, the Payette Lakes Ski Club, and Payette Lakes Sports. Thank you for supporting our cause!