



**2<sup>ND</sup> ANNUAL NORDIC POLE PEDAL PANT™  
FALL TRIATHLON  
SATURDAY, NOVEMBER 17, 2007, @10AM**

**When:** Saturday Nov. 17, 2007, @10am

**Where:** RAINBOW RESORT, West of Itasca State Park (about 1/2-hr drive from Park Rapids, MN, located about 20 miles SW of the Headwater of the Mississippi River); see sample direction/map below and see the other directions at [www.rainbowresort.com](http://www.rainbowresort.com) (preferred directions)

**Distances:** 1K Nordic double pole (or Nordic pole walk), 10K mt. bike, and 5K run

**Registration/Race Day Info:**

- Registration/Package pick up -- 9:00am-9:45am on race day
- Transition area opens -- 9:00am
- Pre-race meeting -- 9:55am
- Race starts at 10:00am (mass start, subject to change)
- Awards – noon

**Age Groups:**

Age 15 and under, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, and 70+

**Registration and Fees:**

\$20 (received by Nov.10, 2007); \$30 (received after Nov. 10, 2007)

Please make check payable to Rainbow Resort, Inc. and mail to: Rainbow Resort, Inc., 4830 Yorktown Lane, Plymouth, MN 55442



For race info. please call Amy Xu 612-991-4912. For lodging & resort information, please check [www.rainbowresort.com](http://www.rainbowresort.com) or call 1-888-734-1140.

From Twin Cities: take I-94 west, exit on Hwy 24 in Clearwater; take Hwy 24 north (turn left) about 4 miles to US Hwy 10 in Clear Lake; take Hwy 10 North/West (turn left), to Hwy 71 in Wadena (see map on the right); take Hwy 71 north (turn right); pass Park Rapids and drive further north to Hwy 113; take Hwy 113 west (turn left) and drive about 19 miles; go south (turn left) on Becker County Road 35 and drive about 4 miles; and Rainbow Resort will be on your left. From Twin Cities-Plymouth/Maple Grove suburb area to Rainbow Resort, it is about 220 miles (estimated 3-1/2 hr to 4-hr drive).



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**REGISTRATION FORM**

Name \_\_\_\_\_ (Print) Age (Race day) \_\_\_\_\_ M F (circle)

Address \_\_\_\_\_ Phone \_\_\_\_\_

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

Date of Birth \_\_\_\_\_

Email \_\_\_\_\_

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**WAIVER: I assume all risks, known and unknown, associated with participating in this event, and release Rainbow Resort, Inc. staff, volunteers, and sponsors associated with this race. This release and waiver extends to all cases of every kind or nature whatsoever. Applicants age under 18 will only be accepted with a parent or guardians signature.**

Print Name \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Parent or Guardian's Signature (If under 18)**