

**POLE PEDAL PANT WINTER TRIATHLON
(MARCH 11, 2007)
VENUE CHANGE (FROM GIANTS RIDGE TO RAINBOW RESORT
SINCE 2005)**

When: Sunday March 11, 2007, at 11am

Where: Rainbow Resort Trails, Rainbow Resort, West of Itasca State Park, MN

Direction (<http://www.rainbowresort.com/maps/roads.cfm>)

From the Twin Cities: Interstate 94 west to Clearwater (Hwy 24 exit), turn right on Hwy 24, go north about 4 miles, turn left onto US Hwy 10 then drive north/west to Wadena, and in Wadena turn right on Hwy 71 north, north to and through Park Rapids, until Cty Rd Hwy 113 (boundary with the Itasca State Park), turn left/go west about 20 miles (towards Waubun direction); at Becker Cty Rd 35 (also called West Elbow Lake Road next to the RAINBOW RESORT sign), turn left on Cty Rd 35. RAINBOW RESORT is less than 4 miles on your left.

Distance: 10K freestyle skiing, 10K mountain bike, and 5K run -- (Equalizing starts)

Packet Pick up and Late Registration: at Rainbow Resort, starts at 9am and closes at 10:30am, March 11, 2007.

Age Groups: Age 20 below, Age 20-29, Age 30-39, Age 40-49, Age 50-59, Age 60 and above

Awards and Door Prizes: Awards to: Overall winner (equalizing format), top three men and top three women in each age group, top three men team, top three women team, top three co-ed team. Door prizes will be drawn after the race.

Post Race: soup, drinks, cookies, awards, & door prizes at 2:30pm

Registration and Fees (by mail or on-line at www.rainbowresort.com):

Mailed by February 26, 2007: \$30 (individual), \$50 (2-person relay team), or \$75 (3-person relay team)

Mailed after February 26, 2007: \$40 (individual), \$60 (2-person relay team), \$90 (3-person relay team)

Make check payable to Rainbow Resort, Inc. and mail to:

Rainbow Resort, Inc., 4830 Yorktown Lane, Plymouth, MN 55442

The above race information is subject to change depending on the condition of race day, etc.

For race info. please call Amy Xu 612-991-4912. For lodging & resort information, please check www.rainbowresort.com or call 1-888-734-1140.

Sponsors: Rainbow Resort, Gear West Ski & Run, Gear West Bike & Triathlon, Midwest Events

REGISTRATION FORM

Name _____ (Print) Age (Race day) _____ M F (circle)

Address _____ Phone _____

City/State _____ Zip _____

Date of Birth _____ Select Division (Circle): Individual, Team (M, F, Co-ed)

Email _____

Registration Fees:

By February 26, 2007

\$30 (Individual)
\$50 (2-person relay team)
\$75 (3-person relay team)

After February 26, 2007

\$40 (Individual)
\$60 (2-person relay team)
\$90 (3-person relay team)

Team Name _____

WAIVER: I assume all risks, known and unknown, associated with participating in this event, and release Rainbow Resort, Inc., Pole Paddle Pant organization and all sponsors or workers 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.

Signature _____ Date _____

Parent or Guardian's Signature (If under 18)

The above race information is subject to change depending on the condition of race day, etc.

THANKS: PARTICIPANTS, VOLUNTEERS, SPONSORS

RAINBOW RESORT
POLE PEDAL PANT Winter Triathlon
Course Records

<u>2005</u>	<u>Individual Name/Team Name</u>
Men	Bjorn Batdorf
Woman	Jan Guenther
Men Team	Lipitor (Jay Jorgenson, Michael Fritz, Jeff Stowman)
Women Team	----
Co-Ed Team	Dirt (Heidi Spoelhof, David Spoelhof)

<u>2006</u> (Equalizing Race Format)	<u>Individual Name/Team Name</u>
Men	Peter Hanson
Woman	Jan Guenther
Men Team Jorgenson	Team Lobster (Mark Fritz, Guy Hummel, Todd)
Women Team	----
Co-Ed Team	Team Slush Puppies

2005 inaugural year retired bib numbers include #2-5 and #101-118:

#2	Dirt (Heidi Spoelhof, David Spoelhof)
#3	Lipitor (Jay Jorgenson, Michael Fritz, Jeff Stowman)
#4	Mt. Itasca Biathlon (Adam Kargers, Sam Evans, Ethan Karppinen)
#5	Mustangs (Kenneth Smith, Brian Kronstedt, Jake Thompson)
#100	Pete Hanson
#101	Jan Guenther
#103	David Grundy
#104	Kathryn Ladig
#105	Matt Grundy
#106	Malcom Dunn
#107	Gwen Stephens
#108	Aaron Roessler
#109	Anna Roessler
#110	Jeff Tilbury
#111	Bjorn Batdorf
#112	Travis Hinck
#113	James Bischoff
#114	Erik Pieh
#115	Graham Baird
#116	Justin Oberg
#117	Iman Mefleh
#118	Gwen Stephens