

23RD POLE PEDAL PANT WINTER TRIATHLON OLDEST AND TOUGHEST (MARCH 10, 2012, SAT. @ 9AM)

Where: Elm Creek Park Reserve, Maple Grove, MN,
http://www.threeriversparkdistrict.org/parks/maps/Elm_creek_winter.pdf

Distance: 10K xc skiing, 7K mountain bike, and 7K run, mass start at 9am, transition area opens at 7:30am.

Packet Pick up: Race day pick up, at 7:30am-8:30am

Age Groups: 19 and under, 20-29, 30-39, 40-49, 50-59, and 60+

Awards and Door Prizes: Awards to: top three age group winners and top three teams; and many door prizes

Post Race: refreshment and door prizes at 11:30am

Early Registration/Online Registration (cut off midnight March 6, 2012)/Day Registration:

Early Registration received by February 10, 2012: \$35 (individual), \$60 (2-person relay team), or \$90 (3-person relay team)

Registration received by March 6, 2012: \$50 (individual), \$75 (2-person relay team), \$110 (3-person relay team)

Race Day registration: \$60 (individual), \$85 (2-person relay team), \$120 (3-person relay team)

Volunteer: reduced entry fee \$15

T-shirt: \$15; size (circle one): S M L XL

Make check payable to SILENT SPORTS FOUNDATION

Mail: SILENT SPORTS FOUNDATION, PO BOX 2827, Minneapolis, MN 55402

Questions: xu.amy@dorsey.com or 612-991-4912 (Amy Xu)

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

Address _____ Phone _____

City/State _____ Zip _____

Date of Birth _____ Team Name _____

Email _____

WAIVER: I assume all risks, known and unknown, associated with participating in this event, and release POLE PEDAL PANT event organization, staff, sponsors, volunteers 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.