



## **TRI-PLE CHALLENGE™ INDOOR KIDS TRIATHLON (5MIN SWIM, 15MIN BIKE, 8MIN RUN)**

**When:** May 30, 2009, Sat. at 9:00am

**Where:** Maple Grove Junior High School  
7000 Hemlock Lane  
Maple Grove, MN 55369  
<http://www.district279.org/sec/mgjh/>,

**Start Time & Place:** Registration at the Maple Grove Junior High School at 8:00am. Registration closes at 8:45am. All participants are required to be under parental or adult (age over 18) consent or supervision.

**Awards categories:** Individual age groups: Junior ages 6-8; Intermediate ages 9-11; Senior ages 12-15; boys and girls divisions, top three for each category; and teams: top three teams.

**Fees:** \$20.00 a person; \$35 a team of 2; or \$50 a team of 3  
(Race proceeds will benefit **H2O For Life**, a charitable organization)

**Sponsors:** SILENT SPORTS FOUNDATION (a non-profit organization under 501(c)(3) for promoting healthy lifestyle and education); RAINBOW RESORT, MN (Northwest MN resort near the Headwaters of the Mississippi River at Itasca State Park, about 4 hour drive from the Twin Cities), [www.rainbowresort.com](http://www.rainbowresort.com) (host of the 2008 and 2009 Junior Olympic Qualifier XC ski races)



**Silent Sports Foundation**



Send entries to:

Race Director: Melinda Silbernack (Make checks payable to: Melinda Silbernack)  
6729 Hemlock Lane N. Maple Grove, MN 55369 Phone 763-493-3260

\_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_ Sex: M F

E-mail: \_\_\_\_\_ Phone (Best #): \_\_\_\_\_

Individual/Age \_\_\_\_\_, or Team Name \_\_\_\_\_

**WAIVER: On behalf of my kid(s), I assume all risks, known and unknown, associated with participating in this event, and release the organizer, Maple Grove Junior High School and District 279, and all sponsors, workers, volunteers associated with this race. This release and waiver extends to all cases of every kind or nature whatsoever. Applications participation will only be accepted with a parent or guardians signature.**

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

Participant's Parent or Guardian's Signature