



TRIATHLON

8:00 a.m. Saturday, July 16, 2011 Blackfoot, Idaho

Swim 1/2 mile in Jensen's Grove Lake, bike 14.2 miles starting at Jensen's Grove on to scenic county roads and back, run 5K on the greenbelt. BIKE ROUTE WILL BE MARKED (and is the same as last year).

Entry fee \$25 per person (\$75 per team) if received prior to July 12; late registration \$30 per participant. Late registration & T-shirt/race number pick-up 7:00 a.m. until race time on July 16. I will be able to process credit card entries faxed or e-mailed. NO CREDIT CARD PAYMENTS ON RACE DAY PLEASE.

Entry fee includes 2011 Pride Days Triathlon T-shirt and post race refreshment. We will have awards by age category. We will have a large assortment of draw prizes again this year and cash prizes for top 3 in each event.

PLEASE NOTE: WET SUITS ARE REQUIRED IF WATER TEMP. IS 60 DEGREES OR BELOW.

For more information call Sheri @ S&G Electric 785-5121 (e-mail sheri@sandgelectric.com) or Blackfoot Chamber of Commerce @ 208-785-0510.

ENTRY FORMS MAY BE PRINTED FROM: http://www.cityofblackfoot.org/pride_days (go to schedule & time)

ENTRY FORM:

NAME _____ Age on July 16, 2011 _____

Address _____ City _____, State _____ Zip _____

Shirt Size: _____ Email: _____

Circle Category: Team: female male mixed Solo: male female

If team, teammates _____ (you must each submit an entry form)

Please mail completed, signed form & Check or money order to:

PRIDE DAYS TRIATHLON, c/o Blackfoot Chamber of Commerce, P. O. Box 801, Blackfoot, ID 83221

WAIVER: In consideration of my entry, I, my executors, administrators and assignees, waive and release 2011 Pride Days Triathlon on the date of July 16, 2011, all sponsors and others, directly or indirectly involved in the event, from all rights, claims, liabilities, damages, pain and illness suffered by me while participating in the race. I attest and verify that I am physically fit and have trained to participate in this event. I also understand that all registration fees are non-refundable.

Signature _____ Date _____ (if under 18, signed by parent or guardian)