

## ENTRY FORM (CONT.)

- **Mini Triathlon**

I, \_\_\_\_\_, the undersigned, hereby understands that the event that I will be participating in requires the ability to swim 600yds, bike 17 miles, and run cross-country approximately 3.5 miles over uneven terrain, which could prove to be stressful and physically damaging to my health.

- **3.5 Mile Fun Run**

I, \_\_\_\_\_, the undersigned, hereby understands that the event that I will be participating in requires the ability to run cross-country approximately 3.5 miles over uneven terrain, which could prove to be stressful and physically damaging to my health.

Furthermore, I understand that I am required to be in such physical condition that I can sustain the physical demands placed on me by this triathlon/and or running event. I represent that I am so conditioned.

I hereby release and discharge the Lyon County Conservation Board, Lyon County, Lyon County Conservation Foundation, and all of its agents, employees and volunteers from any and all claims and liability of any kind whatsoever by reason of any personal injury sustained by me because of participation in this event.

I further agree to protect, indemnify, and hold the Lyon County Conservation Board, Lyon County, Lyon County Conservation Foundation, and all its agents, employees and volunteers harmless from any claim or liability by reason of my participation in this event.

It is further understood that the Lyon County Conservation Board, Lyon County, Lyon County Conservation Foundation, and all its agents, employees and volunteers are not responsible for loss of any items damaged or stolen during the event.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian (if under 18)

\_\_\_\_\_  
Date

Thanks for your Support!

## PARTNERSHIPS



**SANFORD**  
HEALTH

SEE YOU AT THE  
LAKE!



**Saturday, June 24**

**7:30am**

**Mini Triathlon & 3.5**

**Mile Fun Run**

**11:00am**

**Youth Triathlon**

**For information call**

**712-472-2217**

**Or register online at**

**[www.allsportcentral.com](http://www.allsportcentral.com)**

**CONTACT INFORMATION**

Lyon County Conservation Foundation  
Attention: Emily  
300 S. 4th Ave Suite 200  
Rock Rapids, IA 51246  
(712)472-2217 or  
[lccbnaturalist@lyoncountyiowa.com](mailto:lccbnaturalist@lyoncountyiowa.com)

**REGISTRATION**

**Youth Triathlon:**  
Swim-75yds (7-10 yr olds) 150yds (11-14 yr olds), Bike-2.5 miles, Run-1 mile  
**Mini Triathlon:**  
Swim-600yds, Bike-17 miles, Run-3 1/2 miles  
**3.5 Mile Fun Run:** 3.5 miles  
Registration the day of for the Mini Triathlon and 3.5 Mile Fun Run starts at 6:30am with the Mini Triathlon starting at 7:30am and the 3.5 Mile Fun Run at 7:35am. Youth triathlon must be registered by June 23 and starts at 11am on June 24th.  
Preregistration can be done online at [www.allsportcentral.com](http://www.allsportcentral.com)  
Or fill out the attached form for either the Youth Triathlon, Mini Triathlon or 3.5 Mile Fun Run and mail to address above.  
\*packet pickup on June 23 at Lake Pahoja entrance booth from 4-8pm. Packets also can be picked up day of race at east shelter.

**LOCATION**

Lake Pahoja is located in extreme NW Iowa. From Larchwood, Iowa- 4 miles south on HWY 182 and 2 miles west on A26.



**AWARDS**

- All participants will receive a T-shirt. (preregistration before June 9 will insure correct size)
- Medals will be given to the top 3 finishers in each division.
- Men’s and women’s overall winners will receive plaque with name on Lake Pahoja Walk of Fame.
- Refreshments to follow race.
- All Youth Triathlon participants will receive a door prize

**ENTRIES**

**Cost**  
**Youth Triathlon:** \$25 registration (scholarships available)  
**Triathlon:** \$30 before 5/31/17, \$40 before 6/23/17, & \$50 day of event  
**3.5 Mile Fun Run:** \$15 before 5/31/17, \$20 before 6/23/17, & \$25 day of event  
**Sorry, no refunds.**

<b>AGE DIVISIONS</b> (Youth Triathlon)	<b>AGE DIVISIONS</b> (Mini Triathlon & 3.5)
<b>7-8</b>	<b>19 &amp; under</b>
<b>9-10</b>	<b>20-29</b>
<b>11-12</b>	<b>30-39</b>
<b>13-14</b>	<b>40-49</b>
	<b>50-59</b>
	<b>60 &amp; up</b>

**ENTRY FORM**

**Mail Entries to:** Refer to contact information  
**Make check payable to:** Lyon County Conservation Foundation (LCCF)  
Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_  
State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_  
(Race info/results will be emailed if address provided)  
Age on race day: \_\_\_\_  
Sex: Male Female  
Race Entered (please check):  
 Youth Triathlon (June 24)  
 Mini Triathlon (June24)  
 3.5Fun Run (June 24)  
T-shirt Size (youth sizes): S M L  
(adult) S M L XL XXL

**ALL EVENTS WAIVER**  
• **Youth Triathlon**  
I, \_\_\_\_\_, as the parent/guardian of a participant in this program, I recognize and acknowledge that there are certain risks of physical injury as a result of my child’s participation in this activity. By my signature below, I hereby consent to my child’s participation in any and all activities associated with this program, and hereby acknowledge and agree as follows: 1. To assume the full risk of any injuries, including death, damages, or loss which the participant may sustain; 2. To waive and relinquish all claims that I or the participant may have against Lyon County Conservation Board, Lyon County Conservation Foundation, or any related or associated entities or employees as a result of my child participating in this program.  
(CONTINUED ON BACK)