



## ***RACE HOTLINE***

**Sgt Steve Dabkowski**  
**616-632-6232**

or

**Officer Rick Rafferty**  
**616-866-9557**

or

**Sgt Kevin Sweeney**  
**616-866-4411**

Rockford Area Kids Triathlon  
C/O Kevin Sweeney  
Michigan State Police  
345 Northland Dr  
Rockford, MI 49341

3RD ANNUAL



# Rockford Area Kids Triathlon

***RUN/BIKE/SWIM***

Saturday July 8, 2006  
8:00am

Rockford North Middle School  
Rockford, MI 49341

All Proceeds Benefit





Registration For

**ENTRY FORM – Please Print**

Last Name \_\_\_\_\_

First Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone(\_\_\_\_) \_\_\_\_\_

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Age On Race Day \_\_\_\_\_

Gender (Circle One)    M        F

Shirt Size (Circle One)  
 ADULT:    S    M    LG    XL    XXL  
 CHILD:    Youth S    Youth M    Youth L

Registration Fee:  
 \$20.00 Registration Fee (includes t-shirt)

(Race Day Registration from 8:00am – 8:45am  
 Not guaranteed a t-shirt for race day registration)

*Please return this form with your check made payable to:*

**Rockford Area Kids Triathlon**

Mail Registration To:

**Sgt Kevin Sweeney  
 Michigan State Police  
 345 Northland Dr  
 Rockford, MI 49341**

**WAIVER:** I know that running/biking/swimming in a triathlon is a potential hazardous activity. I should not enter my son or daughter in a run/bike/swim unless they are medically able and properly trained. I agree to abide by any decision of a race official relative to their ability to safely complete the run/bike/swim. I assume all risk for my son/daughter associated with running in this event, but not limited to falls, contact with other participants, the effects of weather, including traffic and conditions of the course, all such risk being known and appreciated by me. Having read this waiver and knowing these facts and in my considering of your accepting my entry, I, for myself and anyone entitled to act in my behalf, waive and release; City of Rockford, Rockford Area Kids Triathlon, all sponsors and volunteers, and any representatives and successors from all claims or liabilities of any kind arising out of participation in this event.

Date \_\_\_\_\_

Signature \_\_\_\_\_

(Parent or guardian must sign if participant is under 18 years of age)

***PARTICIPANTS MUST WEAR A BICYCLE HELMET***

***In Case of Emergency, Notify***

Name \_\_\_\_\_

Relationship \_\_\_\_\_

Phone \_\_\_\_\_

**Rockford Area Kids Triathlon  
 Saturday  
 July 8, 2006  
 8:00am Run/Bike/Swim  
 Rockford North Middle School**

**Location**

Rockford North Middle School is located on the northwest corner of 10 Mile and Northland Drive.

**Course Description**

The course will be run on pavement in the neighborhood surrounding Rockford North Middle School and the White Pine Trail. The swimming will be done at the Rockford North Middle School.

**Age Groups**

RACE	AGE	RUN	BIKE	SWIM
A	16-17	3 miles	6 miles	200 yds
A	14-15	3 miles	6 miles	200 yds
B	12-13	2 miles	4 miles	100 yds
B	10-11	2 miles	4 miles	100 yds
C	8-9	1 mile	2 miles	50 yds
D	6-7	1 mile	2 miles	50 yds
E	0-5	50 yds	50 yds	1 width

Flotation devices are allowed and parents can run/bike/swim next to their children. Lifeguards will be present for the swimming

**Race Start Times**

- Race A 9:00am**
- Race B 10:00am**
- Race C 11:00am**
- Race D 11:30am**
- Race E 12:00am**

**Awards will begin at 12:30pm**

**\*Participants must check in at registration a minimum of 1 hour before the start of their race**

**Awards**

- Awards for the top three finishers in each age group
- Medals for all participants
- Certificates for all participants
- T-shirts for all participants

**Volunteers are needed! Please call Sgt Kevin Sweeney at 616-866-4411 for more information on how you could help out**