

DATE: Saturday, July 12, 2008 - Starter's Gun at 8 a.m. Sharp

REGISTRATION: Limited to the first 350 applicants.

FEES: The non-refundable registration fee is \$25.00 which includes the registration packet and triathlon T-shirt. Late registration after June 20th is \$30.00. Race day, \$40.00. 3-person team registration fee is \$60.00. Late registration after June 20th for 3-person team is \$70.00. Race day, \$80.00.

LOCATION: Elysian is located approximately halfway (20 miles) between Mankato and Faribault on Highway #60. Use exit #56 west off of 35W.

CHECK-IN: Competitors must check-in and pick up their race packet from 6:30 to 7:30 a.m. the morning of the race at the Elysian DNR Wayside Rest on Hwy. #60 in Elysian (do not confuse this with the Sakatah State Park in Waterville).

AWARDS: "Olympic style" TRIATHLON medals will be awarded after the race to the first three finishers in each of the eight male and female age divisions. "Olympic style" Triathlon Team medals in 3 divisions will also be awarded. Awards Ceremony at 10:00 a.m. at Elysian Tourism Center.

RACE INFO: Competitors are expected to supply their own equipment and their own personal assistant to handle their bicycles and gear while not in use. **Bike helmets are required.** NOTE: Portions of the bicycle course may cross unpaved gravel roads. Toilets are available at the rest stop and at the starting beach, however, facilities are limited so come prepared to race. Limited parking is available. **NO RECUMBENT BIKES ALLOWED.**

WEATHER: If weather is questionable (i.e. rain and lightning), we will wait for the all clear from the sheriff and then proceed.

QUESTIONS: Call 507-267-4231 - Jeanne Zwart

ON-LINE REGISTRATION: www.zapevent.com

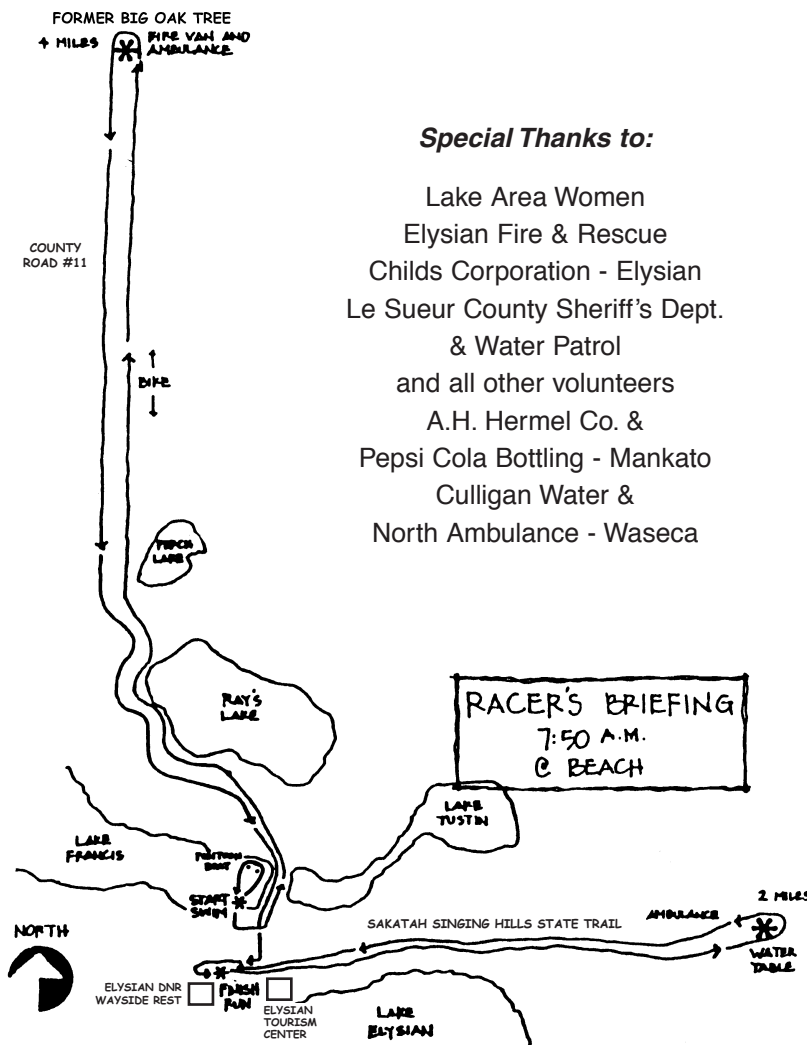
RESULTS: www.pttiming.com

ELYSIAN ROOKIE'S TRIATHLON

1. Fasten race number securely to your biking/running clothes (shirt or pants). We will also write your number on your upper left arm with permanent marker.
2. Bike helmets are required.
3. Officials will be checking off your number as you round each of the three half-way marks. Please let a race official know if for some reason you will not be finishing.
4. Round all turns in a counterclockwise direction.
5. Always stay right — be aware of traffic; officials along the route will direct you; ambulance assistance available along route.
6. Water available at the end of bike course and at 2 mile mark of running course.
7. Limited changing facilities are available at the beach and at the Elysian DNR Wayside Rest.
8. Starting line by honor system — experienced racers and good swimmers to the front. There will be two starts five minutes apart.
9. Refreshments for racers after finish available at the Elysian DNR Wayside Rest.
10. Awards Ceremony at 10:00 a.m. at the Elysian Tourism Center.

**HAVE FUN - BE SAFE!
RACER'S BRIEFING - 7:50 a.m.**

COURSE: Start swim at public beach, south shore of Lake Francis. Swim out around the pontoon boats (counterclockwise) and back to starting beach; mount bike and follow signs out of park and onto Co. Road. #11; go north to the former big oak tree (and fire van); round the fire van counterclockwise and return back into town; turn right at Fischer's Corner Bar onto Main Street going west; turn left into the far west end of the Elysian DNR Wayside Rest. Leave bike with your attendant and begin run on Sakatah Trail going east; run 2 miles to water table; round table counterclockwise and head back to finish line at Elysian DNR Wayside Rest. Be sure officials have your number when recording your time.



Special Thanks to:

- Lake Area Women
- Elysian Fire & Rescue
- Childs Corporation - Elysian
- Le Sueur County Sheriff's Dept. & Water Patrol
- and all other volunteers
- A.H. Hermel Co. &
- Pepsi Cola Bottling - Mankato
- Culligan Water &
- North Ambulance - Waseca

2008

**25th Annual
Elysian Rookie's Triathlon
July 12, 2008
ENTRY FORM**

Fill out front and back and mail with entry fee.
If you are under 18 years old, Guardian must sign waiver.

() Male () Female Age on the day of the event _____
Division: () 19 & under () 20-29 () 30-35 () 36-44 () 45-54
() 55-64 () 65-69 () 70 & over

T-Shirt Size: () Medium () Large () X-Large (_____) Other

**INDIVIDUAL ENTRY \$25.00 - After June 20 - \$30.00
Race day \$40.00**

Name _____
Address _____
City _____ State _____ ZIP _____
Phone () _____ Bus. Phone () _____
E-mail _____

**3-PERSON TEAM ENTRY \$60.00 After June 20 - \$70.00
() 3 Males () 3 Females () Male/Female mix Race day \$80.00**

Swimmer Name _____ T-Shirt size (____)
Address _____
City _____ State _____ ZIP _____
Phone _____ Age _____ Sex _____
E-mail _____

Biker Name _____ T-Shirt size(____)
Address _____
City _____ State _____ ZIP _____
Phone _____ Age _____ Sex _____
E-mail _____

Runner Name _____ T-Shirt size(____)
Address _____
City _____ State _____ ZIP _____
Phone _____ Age _____ Sex _____
E-mail _____

Make check payable to:
Elysian Rookie's Triathlon
Mail to:
P.O. Box 95, Elysian, MN 56028
Questions: 507-267-4231 **Jeanne Zwart**
www.elysianmn.com

Race # _____
Time _____
Div. Place _____
Overall _____