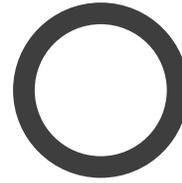


# Rhoades McKee Reeds Lake TRIATHLON • DUATHLON



East Grand Rapids, Michigan • September 12, 2015

## Three ways to TRI

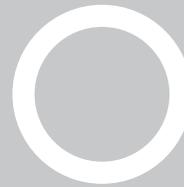
### TRIATHLON

½ mile swim + 18.5 mile bike + 4 mile run  
3 person relay teams are allowed



### DUATHLON

2 mile run + 18.5 mile bike + 4 mile run



### AQUABIKE

½ mile swim + 18.5 mile bike



### West Michigan TRIPLE CROWN Triathlon Challenge

Tri del Sol  
Millennium Park Triathlon  
Rhoades McKee -  
Reeds Lake Triathlon

Take on the Triple Crown Challenge by completing the Rhoades McKee Reeds Lake Triathlon, the Tri del Sol, Millennium Park Triathlon.

Sign up for these three events and you will receive a custom training jacket, finishers medals to stand out from the crowd as well as special recognition at each event including VIP packet pick-up and preferred transition area racking.

There is **no additional fee** to participate in the Triple Crown Series. Registration in all three races is required.

For more information, contact us today at [bgranstra@eastgn.org](mailto:bgranstra@eastgn.org).

# Rhoades McKee Reeds Lake TRIATHLON • DUATHLON



## Entry Form

September 12, 2015 • First Heat 7:10 am

John Collins Park, 750 Lakeside Drive, East Grand Rapids, Michigan 49506

### Registration

Please fill out completely and mail with payment to the address below.

Name \_\_\_\_\_  
first/middle/last

Birthdate \_\_\_\_\_ Gender \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

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

Phone \_\_\_\_\_ Email \_\_\_\_\_

Emergency Contact \_\_\_\_\_

Contact's Phone \_\_\_\_\_

**Unisex T-shirt Size** (sizes are guaranteed through August 12, 2015):

XS  S  M  L  XL  XXL

**Participating in:**

Triathlon  Triathlon 3 Person Relay  Duathlon  Aquabike

3 Person Relay Team Name: \_\_\_\_\_

**Triple Crown Triathlon Challenge:**

I am participating in the Triple Crown Triathlon Challenge and have registered for Tri Del Sol and Millennium Park Triathlon.

Triple Crown Triathlon Challenge Jacket size \_\_\_\_\_

**Race Seeding:**

I am requesting to be in a seeded heat.

My overall place in 2014 was \_\_\_\_\_ and my time in 2014 was \_\_\_\_\_

or include other top results \_\_\_\_\_

Men's/Women's Age Group (See age group categories) \_\_\_\_\_

**Donation to Mary Free Bed Foundation:**

I would like to donate

\$5  \$10  \$20  Other \$ \_\_\_\_\_

### Entry Fees

	Triathlon	3 Person Tri Relay team	Duathlon/ Aquabike
Open	\$60	\$140/team	\$50
June 12	\$70	\$155/team	\$60
August 12	\$80	\$170/team	\$70

• No Race Day Registration

• 1,200 Entrants Maximum (early registration encouraged)

• Entry includes a high quality moisture wicking shirt

• Cancellations: Entry fees are non-refundable for any reason including weather or any other unforeseen circumstance. Entries are non-transferable – no exceptions! If you cannot participate, send an email prior to the date of the race to bgranstra@eastgr.org and we will send your 2015 participant shirt.

• Age Groups for Men and Women:

14-19	20-24	30-34	40-44	50-54	60-64	70-74
	25-29	35-39	45-49	55-59	65-69	75+

In consideration of my participation in the 2015 Rhoades McKee Reeds Lake Triathlon (the "Event"), and with the understanding that my participation in the Event is only on the condition that I enter into this agreement for myself, my heirs, and any minor children who participate in the Event, and assigns, I hereby assume the inherent risks involved in the Event in which I may voluntarily participate. I expressly assume the risk and accept full responsibility for any and all injuries (including death) and accidents which may occur as a result of my participation in this Event and release from liability Rhoades McKee, City of East Grand Rapids, Village Bike Shop, Gazelle Sports, Metro Health Sports Medicine, TYR, and any additional sponsors and each of their officers, directors, agents, representatives and employees from any and all negligence claims. I hereby waive any claim I may hereafter have as a result of any and all injury to my person or property as a result of my participation in the Event, and in any other activities connected with this Event in which I may voluntarily participate. I hereby agree to indemnify all of the above-named parties for any all claims, including attorney's fees and cost, which may be brought against any of them by anyone claiming to have been injured as a result of any injury to me or my property which may occur as a result of the Event. I understand that participating in the Event may result in physical injury. I certify that I have read and am fully legally competent to make this agreement.

Signature \_\_\_\_\_

Date \_\_\_\_\_  
(If participant is under 18 years of age, parent's signature is required)

Witness \_\_\_\_\_

Date \_\_\_\_\_

**Make checks payable to:**

Rhoades McKee Reeds Lake Triathlon  
750 Lakeside Drive SE, East Grand Rapids, Michigan 49506

**Questions:**

616/949-1750 or Race Director, Betsy Granstra, bgranstra@eastgr.org

Title Sponsor:



rhoades  
mckee  
attorneys

Gold Sponsors:



MetroHealth  
Sports Medicine



Silver Sponsors:

