



Rhoades McKee Reeds Lake  
**TRIATHLON · DUATHLON**

**September 10, 2016**

Reeds Lake // East Grand Rapids, Michigan



# SPRINT & OLYMPIC DISTANCE

## TRIATHLON

Sprint Distance // 750M Swim, 20K Bike and 5K Run  
Olympic Distance // 1500M Swim, 40K Bike and 10K Run

## AQUABIKE

Sprint Distance // 750M Swim and 20K Bike  
Olympic Distance // 1500M Swim and 40K Bike

## DUATHLON

Sprint Distance // 5K Run, 20K Bike and 5K Run  
Olympic Distance // 5K Run, 40K Bike and 10K Run

## TRIATHLON RELAY

Sprint Distance // 750M Swim, 20K Bike and 5K Run  
Olympic Distance // 1500M Swim, 40K Bike and 10K Run

[eastgr.org/triathlon](http://eastgr.org/triathlon)

Partnering in charity with

Mary Free Bed  
Rehabilitation Hospital Foundation

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# Rhoades McKee Reeds Lake TRIATHLON · DUATHLON

## September 10, 2016

### Reeds Lake // East Grand Rapids, Michigan

#### 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 11, 2016):

XS  S  M  L  XL  XXL

Participating in:

Sprint  Olympic

Triathlon  Triathlon 3 Person Relay  Duathlon  AquaBike

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

Race Seeding:

I am requesting to be in a seeded heat.

My overall place in 2015 was \_\_\_\_\_ and my time in 2015 was \_\_\_\_\_ or include other top results \_\_\_\_\_

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

In consideration of my participation in the 2016 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 all claims, including attorney's fees and costs, 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

#### ENTRY FEES

Through August 11

<b>Tri/Duathlon Individual</b>	Sprint \$70	Olympic \$85
<b>AquaBike Individual</b>	Sprint \$55	Olympic \$65
<b>Triathlon Relay Team</b>	Sprint \$125	Olympic \$140

August 12 through September 7

<b>Tri/Duathlon Individual</b>	Sprint \$80	Olympic \$95
<b>AquaBike Individual</b>	Sprint \$65	Olympic \$75
<b>Triathlon Relay Team</b>	Sprint \$135	Olympic \$150

Late Registration (September 8 & 9 @ Parks & Rec Dept.)

<b>Tri/Duathlon Individual</b>	Sprint \$95	Olympic \$110
<b>AquaBike Individual</b>	Sprint \$80	Olympic \$90
<b>Triathlon Relay Team</b>	Sprint \$150	Olympic \$160

#### AGE DIVISIONS

Triathlon: 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and up.

Duathlon: 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and up.

- No Race Day Registration
- 1,200 Entrants Maximum (early registration encouraged)
- Entry includes a high quality race 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 2016 participant shirt.

Donation to Mary Free Bed Foundation:  
I would like to donate

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