

West Michigan Triathlon

Sponsored by the FOP Lodge #135 (Newaygo County)

Saturday, September 11, 2021

10:00 AM Fremont Lake Park (Registration 8:30 PM – 9:45 PM)



Entry Form

Last Name

First Name

Address _____ City _____ State _____ ZIP _____

Phone (____) _____ Birth Date _____ Email _____

Gender M F Shirt Size: Adult S M Lg XL Other _____

Registration Fee: **\$35.00 Registration** (with dry-release shirt for first 118 PAID triathletes)

Please return entry form with check made payable to: FOP Lodge #135

Mail all entry forms to: Fremont Police Department, Attn: W MI Triathlon, 101 E. Main St., Fremont, MI 49412

REGISTER EARLY*T-Shirts only guaranteed to first 118 paid triathletes or before August 15***REGISTER EARLY**

WAIVER:

I know that running/biking/swimming in a triathlon is a potentially hazardous activity. I should not enter in a triathlon unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to their ability to safely complete the triathlon. I assume all risk for myself and others associated with competing in this event, including, but not limited to falls, contact with other participants and the effects of weather, including traffic and conditions of the course, all such risks 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 Triathlon officials, all sponsors and volunteers, The City of Fremont, FOP Lodge #135, and any representatives and successors from all claims or liabilities of any kind arising out of participation in this event.

Signature: _____

Parent or Guardian if under 18 years old

Date _____

Location: Fremont Lake Park, Fremont, MI 49412

Course Description: All running and biking will be done on paved roads and swimming will be held in Fremont Lake in a triangular course.

Rules:

- ☺ Bike Helmets ***MUST*** be worn at all times while on the bicycle
- ☺ Flotation devices and wetsuits are allowed; kickboards will be available, if needed
- ☺ Safety Crews will be present on roadway and in water
- ☺ The order of events will be continuous, SWIM, BIKE, and RUN
- ☺ HAVE FUN!!! Challenge Yourself.....FINISH

Age Groups: 29 and Under 30-39 40-49 50-59 60 and up

Distances: (in order of event) Swim: 300 yards Bike: 9.25 miles Run: 3.1 miles

RACE HOTLINE & QUESTIONS

Contact: Officer Matt Hendrie
(231)924-2100 ext. 424 mhendrie@cityoffremont.net

Visit us at www.westmichigantri.com for race maps and online registration/payment



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Ben Bradford Lodge #135