

Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Address: \_\_\_\_\_ Age: As of 12/31/11 \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Gender: \_\_\_\_\_

Phone: ( \_\_\_\_\_ ) \_\_\_\_\_ **USAT #:** \_\_\_\_\_

Email: \_\_\_\_\_ **Shirt Size:** **S M L XL**  
Circle One

**A separate entry must be completed and signed for each member of a Team Relay**

**Liability Waiver:**

For, and in consideration of, my performance in the Eagle Lake Triathlon, I for myself, my heirs, executors, administrators and assignees do hereby release and discharge the race sponsors, site host, organizers, and anyone affiliated with this event for claims of injury, damages or loss which may arise as a result of my participation in this event. I realize that there is an inherent danger involved in these events and I assume all responsibility for my participation. I attest that I am in good physical condition to participate in this event. I grant organizers permission to use photographs of me in the legitimate accounts and promotion of the event.

Athlete's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Required for athletes under the age of 18

| Event            | Before July 1st | After July 1st | Friday Aug 5th |
|------------------|-----------------|----------------|----------------|
| Short Sprint     | \$50.00         | \$55.00        | \$60.00        |
| Long Sprint      | \$60.00         | \$65.00        | \$70.00        |
| Long Sprint Team | \$90.00         | \$95.00        | \$105.00       |

**Please provide your USAT# or add \$10 to the entry fee for a one-day license**

**All team members must have a USAT# or add \$10 for EACH member.**

**All USAT numbers are verified.**

Short Sprint Individual ..... \$ \_\_\_\_\_

Long Sprint Individual ..... \$ \_\_\_\_\_

Long Sprint Team Relay ..... \$ \_\_\_\_\_

One day \$10.00 USAT License Fee or USAT # ..... \$ \_\_\_\_\_

Optional - Contribution to Life Treatment Centers ..... \$ \_\_\_\_\_

Total ..... \$ \_\_\_\_\_

**THERE IS NO RACE DAY REGISTRATION!**

Make check payable to Eagle Lake Triathlon and mail completed and signed to:

Life Treatment Centers  
1402 S. Michigan  
South Bend, IN 46613

Questions call Paula Turk at 574-293-1683  
or email: paula@StoneSoupPromotions.com

**SHORT SPRINT**  
**200 Yard Swim, 6.9 Mile Bike, 1.4 Mile Run**

The swim will be split into waves so that you will have fewer people swimming around you. A simple out and back course with plenty of life guards & buoys handy.

The bike area will be separated from the Sprint race. There are no difficult hills on the bike course that runs along the lake and around a large farm and then back.

The run is completely flat and never far from the start/finish line so your fans can cheer you along the way.

**LONG SPRINT**  
**800 Yard Swim, 17.1 Mile Bike, 5.1 Mile Run**

400 yards out and 400 yards back with a run up the boat ramp to the transition area.

The bike starts on US 12 and is flat and fast coming into Edwardsburg. A right turn on M-62 gives you a few rolling hills until you turn right and head into the country. This section is fast, fast, fast until you hit Calvin Hill Road. Not steep but it goes on for 3/4 of a mile until you turn right and again have rolling hills that feel like you are going down hill most of the time. Right turn and a down hill to a left turn. Sit up and be smart on this turn! You quickly arrive back at US 12 and it's flat until you make the right turn to head back to the transition area.

The run is flat and beautiful with plenty of shade along the way. One small hill about a mile from the finish.

This is a great course!

**SPIN ZONE**

SpinZoneCycling.com

eaglelakemarine.com



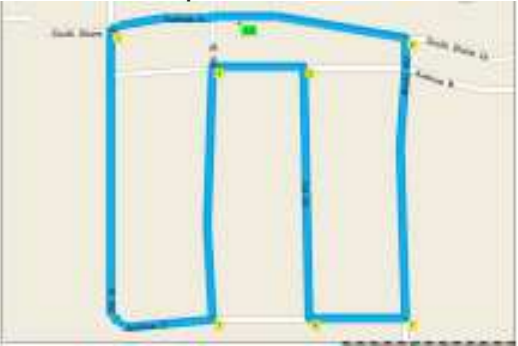
**UNITECH**  
UNLIMITED TECHNOLOGY SOLUTIONS  
574-674-1513

unltech.com

## Short Sprint 6.8 Mile Bike



## Short Sprint 1.4 Mile Run



## Long Sprint 17.2 Mile Bike



## Long Sprint 5.3 Mile Run



# Eagle Lake Triathlon

Hosted by  
Eagle Lake Marine

Saturday, August 6th 2011

Long Sprint or Short Sprint

Presented By  
**Memorial**  
Health & Lifestyle Center™

For The Benefit of  
Life Treatment Centers



**Location:** Edwardsburg, Michigan

**For your GPS** - 68777 Avenue A Edwardsburg, Michigan 49112

**From the South** - Take Indiana 23 through Granger, Indiana. After you cross the State Line you will enter Edwardsburg in about 2 Miles. At the 2nd Stop light (US 12) go right for 2.8 miles and turn left on Brady Road at the "EAGLE LAKE MARINE" sign. Park at Eagle Lake Elementary.

**Start Time:** First Sprint wave starts at 8:00 AM EDT (7:00 AM CDT) - Short Sprint immediately after last Long Sprint wave.

**Packet Pickup:** Friday August 5th, 4:00 PM-7:00 PM or race morning from 6:00 AM to 7:30 AM.

**Beginners clinic:** From 6:00 - 7:00pm Friday August 5th at packet pickup.

**Results:** Will be posted at [www.eaglelaketri.com](http://www.eaglelaketri.com)

**Awards:**  
**Long Sprint** - Top 3 in each age group. Top 3 Overall.  
- Overall top 3 Males and Females will be pulled from the age group awards.

**Long Sprint Team** - Top 3 times.

**Short Sprint** - Top 2 in each age group and finishers medal to all participants.

**Entry Includes:** Custom t-shirt, finisher medal to Short Sprinters, awards, chip timing and post race food

**Age Groups:** Standard USAT Age Groups. Your "age" is whatever your age is on 12/31/11  
15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69

**Check-in:** You must show your USAT card and photo ID at packet pickup.  
This race is chip timed.

**Weather Policy:** The race will go off either rain or shine. USAT guidelines will control whether the swim portion of the race is delayed or scratched. In the event of lightening there will be a delay. If it is unsafe to put swimmers in the water the swim portion of both races will be replaced by a run.

**THERE IS NO RACE DAY REGISTRATION!**  
**REGISTRATION IS LIMITED TO 400 PARTICIPANTS**

This is a fund raiser for the benefit of LIFE TREATMENT CENTERS.  
There will be no refunds but transfers to 2012 allowed until August 1st

Life Treatment Centers is a not for profit organization that provides drug and alcohol treatment to anyone who comes to them for help. They treat all who request services regardless of a person's ability to pay.