11th ANNUAL

Swim/Bike/Run

Saturday July 11, 2015
9:00am

**Rockford North Middle School**
Rockford, MI 49341

All Proceeds Benefit

Michigan Special Olympics

Kevin Sweeney
517-719-1195
www.rocktri.com

Rockford Area Kids Triathlon
C/O Kevin Sweeney
2932 S Saddle Ridge Dr NE
Rockford, MI 49341

Pegasus Sports
Rockford Explorers Post
Kent County CERT
Kent County MRC
Kent County R.A.C.E.S.

Race Hotline

Kevin Sweeney
517-719-1195
www.rocktri.com
## Registration For

**ENTRY FORM – Please Print**

<table>
<thead>
<tr>
<th>Last Name__________________________</th>
<th>First Name__________________________</th>
<th>Address_____________________________</th>
<th>City____________State______Zip________</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phone(<strong><strong>)</strong></strong>_____________________</td>
<td>Email_______________________________</td>
<td>Date of Birth_______/____<strong><strong>/</strong></strong>_____</td>
<td>Age On Race Day________________________</td>
</tr>
<tr>
<td>MI Special Olympics Athlete Y N</td>
<td>Gender (Circle One) M F</td>
<td>ADULT: S M LG XL XXL</td>
<td>CHILD: Youth S Youth M Youth L</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>$20.00 Registration Fee</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Free for MI Special Olympics Athletes</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

(Race Day Registration from 8:00am – 11:00am
Not guaranteed a t-shirt for race day registration)

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**TWO Ways to Register:**

1. **Online at the following link**


2. **By mail**

   Please return this form with your check made payable to:

   **Rockford Area Kids Triathlon**
   
   Mail Registration To:
   
   **Kevin Sweeney**
   
   **2932 S Saddle Ridge Dr NE**
   
   **Rockford, MI 49341**

**WAIVER:** I know that running/biking/swimming in a triathlon is a potential hazardous activity. I should not enter my son or daughter in a run/bike/swim unless they are medically able and properly trained. I agree to abide by any decision of a race official relative to their ability to safely complete the run/bike/swim. I assume all risk for my son/daughter associated with running in this event, but not limited to falls, contact with other participants, the effects of weather, including traffic and conditions of the course, all such risk 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; City of Rockford, Rockford Area Kids Triathlon, all sponsors and volunteers, and any representatives and successors from all claims or liabilities of any kind arising out of participation in this event.

**Date_______________________________**

**Signature___________________________**

(PEntant or guardian must sign if participant is under 18 years of age)

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**PARTICIPANTS MUST WEAR A BICYCLE HELMET**

**In Case of Emergency, Notify**

<table>
<thead>
<tr>
<th>Name__________________________</th>
<th>Relationship__________________________</th>
<th>Phone__________________________</th>
</tr>
</thead>
</table>

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**Rockford Area Kids Triathlon**

**Saturday**

**July 11, 2015**

**9:00am Swim/Bike/Run**

**Rockford North Middle School**

**Location**

Rockford Middle School is located on the northwest corner of 10 Mile and Wolverine Blvd in the city of Rockford.

**Course Description**

The bike portion of the race will be held in the parking lots of the middle school. The run will be held on the grassy areas surrounding the school. The swimming will be done at the Rockford Middle School pool.

**Age Groups**

<table>
<thead>
<tr>
<th>RACE</th>
<th>AGE</th>
<th>SWIM</th>
<th>BIKE</th>
<th>RUN</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>16-17</td>
<td>400 yrs</td>
<td>6 miles</td>
<td>3 miles</td>
</tr>
<tr>
<td>A</td>
<td>14-15</td>
<td>400 yrs</td>
<td>6 miles</td>
<td>3 miles</td>
</tr>
<tr>
<td>B</td>
<td>12-13</td>
<td>200 yrs</td>
<td>4 miles</td>
<td>2 miles</td>
</tr>
<tr>
<td>C</td>
<td>10-11</td>
<td>200 yrs</td>
<td>4 miles</td>
<td>2 miles</td>
</tr>
<tr>
<td>D</td>
<td>8-9</td>
<td>100 yrs</td>
<td>2 miles</td>
<td>1 mile</td>
</tr>
<tr>
<td>E</td>
<td>6-7</td>
<td>100 yrs</td>
<td>2 miles</td>
<td>1 mile</td>
</tr>
<tr>
<td>F</td>
<td>0-5</td>
<td>1 length</td>
<td>100 yrs</td>
<td>100 yrs</td>
</tr>
</tbody>
</table>

Flotation devices are allowed and parents can swim/bike/run next to their children. Lifeguards will be present for the swimming.

**Race Start Times**

<table>
<thead>
<tr>
<th>Race A</th>
<th>9:00am</th>
<th>Race B</th>
<th>10:00am</th>
</tr>
</thead>
<tbody>
<tr>
<td>Race C</td>
<td>10:30am</td>
<td>Race D</td>
<td>11:00am</td>
</tr>
<tr>
<td>Race E</td>
<td>11:30am</td>
<td>Race F</td>
<td>12:00pm</td>
</tr>
</tbody>
</table>

Awards will begin at approximately 12:30pm

*Participants must check in at registration a minimum of 1 hour before the start of their race

**Awards**

- Awards for the top three finishers in each age group
- Medals for all participants
- Certificates for all participants
- T-shirts for all participants