

**NORTHERN AREA AQUATICS
CHENA LAKES TRIATHLON
10:00am JULY 27th, 2008
500 yard Swim, 10 mile Bike, 5 K Run
Entry Form Due July 21st**

1st: <u>Select Division</u>	<u>Fees</u>	<u>Late Fees 7/22-23</u>
__Solo	\$30.00+\$10.00	\$40.00+\$10.00
__Team	\$75.00+\$10.00per athlete	\$90.00+\$10.00 per athlete

\$10.00 is for the USA Triathlon one day event fee. This is mandatory unless a year round membership number is provided.

2nd: Participant Information

Name_____ M__ F__
Address:_____
City:_____ State____ Zip_____
Phone()_____ email_____
USAT Member#_____
Birthday_____ Age on Race Day_____

3rd: Relay Teams Only: Select Division and Team Name

Team Division: __All Male __All Female __Coed
I am the __Swimmer ____Biker ____Runner
Relay team name_____
Important: All relay team members must complete an entry form and all must be enclosed together.

4th: READ AND SIGN THE WAIVER

We cannot accept entries with unsigned waivers. Relay entrants need a signed waiver each. Waivers will be available at bib pickup July 9th.

5th: Fees (see top)

Entry Fee	\$_____
USAT Fee	\$_____
Total enclosed	\$_____

Make checks payable with entry form to:

**Northern Area Aquatics Committee (NAAC)
PO Box 83356
Fairbanks, Alaska 99708
907-457-2197**

RULES: Swim - Water is C-C-C-C-Cold!

1. Wet suit is highly recommended. Swim caps are numbered and required for accountability.
2. Mass start will be used. Stronger swimmers should be up front.
3. Swimmers need to yell bib number and deposit swim cap in cap collection box after exiting water for accountability and timers.
4. Boats will be in the water. Signal if you are in trouble and start swimming towards nearest boat.

Bike – 10 miles of road and bike path

1. A HELMET is REQUIRED at all times with Chin strap fastened before leaving transition area and for the entire ride.
2. Bikes must be walked through transition area.
3. No drafting allowed (7 meter gap)
4. Ride on right and remember to watch for people on bike path and cars on the road.
5. Always look both directions before ANY road or driveway crossing.
6. No headphones allowed.
7. Handle bar plugs required.
8. Bikes will be on side unless athlete has their own stand in the transition area.
9. Bike dismount will be before transition area. Bikes need to be walked (quickly) to transition area and returned to the starting area by the athlete.

Run

1. Bib numbers must be visible.
2. Runners must run on right at all times.
3. The trail is through the woods and lake area. Watch for roots and dips.
4. Drinks will be supplied halfway through run.

Race Course:

Begins with swim in a triangle (shore being the point) shape outlined by buoys. Starts between docks swimming out to first buoy turn right and swim to second buoy turn right and swim towards shoreline.

The transition area is the grassy area between the bike path and parking lot. Each athlete will have a marked space (bib number).

Bike ride starts on bike path and heads toward main road. Watch for LARGE stake in middle of bike path. Cyclist turns right (with traffic) on road and continues for 2.3 miles to turnaround (sharp turns) and staying on right side follows road to the other end and turnaround (sharp turns) riding back on right side of the road to the lake entrance road. Make a SHARP right onto bike path (watch for LARGE stake in middle of the bike path) and continue on path back to marked dismount area prior to the transition area. Place bike in your starting transition site.

Run starts by exiting transition area to the left. Follow the marked trail through the woods and beach go through the picnic area and turn right side of the lake front trail. Turnaround will be at the end of a marked side road. After returning to the trail turn right and follow same trail to starting point and finish line!

Many people have a BYO Potluck/BBQ after race.

Questions: Ramona Reeves 457-2197 or www.reeves7@gci.net