

Bigfork Whitewater Triathlon

Sunday, May 26th, 2013, 9:00 a.m.

Bigfork, Montana

In conjunction with Bigfork Whitewater Weekend

Paddle = 4 miles Bike = 14 miles Run = 4 miles

Entry Fee:

\$28.00 Solo / \$50.00 Team of 2 / \$75.00 Team of 3

\$92.00 Team of 4

Registration Form

Needs to be completed by **ALL PARTICIPANTS**

Name: _____

Phone: _____

Address: _____ City/State/Zip: _____

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mail: _____ e-

Solo: _____ Male: _____ Female: _____

Team Name: _____

Paddler: _____

Biker: _____

Runner: _____

Male: _____ Female: _____ Mixed: _____

Waiver: In consideration of the acceptance of my entry in the Bigfork Whitewater Triathlon on May 26th 2013, I hereby, for myself, heirs, executors, and personal representatives, waive and release any and all rights and claims for damages or injuries incurred due to my participation in said race. I also understand that a race of this nature has certain inherent dangers and I accept and understand those risks. I also have inspected said race course and deemed it safe for participation in said race. I will follow prescribed safety measures.

Signature _____ DATE _____

(Parent Signature if under 18) entries can be mailed to:

Registration Forms: Kalispell Athletic Club 770 West Reserve Drive Kalispell, MT 59901
If you have additional questions please call Stan Watkins at: (406)752-2880
(406)253-04103

RACE DIRECTIONS

STARTING TIME: 9:00 a.m. – North end of Swan River Bridge. *To get to the bridge, drive south out of Bigfork to the flashing light at the turn off for Hwy 209. Turn left, drive 2 miles to the entrance for the Swan River Road and bridge (on left). **Park before going over the bridge so the transitions area will be less congested.**

1ST LEG: PADDLE: 4 mile paddle. Go down river 1 mile around the buoys above the dam, then go up river for 2 miles around the buoys and return 1 mile down river to the bridge to finish the paddle section. The paddle is on a flat section behind the dam, there is a current but no waves. **Team member must hand off wristband to the next member.**

2ND LEG: BIKE: 14 mile road bike. Route begins at bridge and proceeds down the Swan River Road to Hwy 83 (Echo Lake Café / Swan River Grange). Turn right on to Hwy 83 heading east. Watch for turn at Hwy 209 (Road House Bar on Left), turn right on 209 towards Ferndale Fire Hall and follow the road to the end of the pavement and follow the same route back to Highway 209. Turn right back on to Hwy 209 toward Bigfork, going west to the Swan River Road and Bridge, turn right and finish on north end of bridge. **Team member must hand off wristband to the ext member.**

3RD LEG: RUN: 4 mile run. Head north on Swan River road about 9/10 of a mile to a turn around and back to the bridge and transition area. Then proceed down the Swan River Nature Trail back on downtown Bigfork and end at Garden Bar.

4TH LEG: EAT & DRINK: Your entry will get you a t-shirt, free beer or soda and the Best Burgers in the Valley from the Garden Bar. SOLOS-Use your Finish race #, to receive a burger. TEAMS-Boater uses Boat # for Burger, Biker receives a # in packet for burger, and Runner uses Finish # for a burger. ONLY RACERS Receive Free Burgers. Order Burger and Turn in # @ the Kitchen in Garden Bar.

5th LEG: CASH: We traditionally give out cash to top placers. How much cash and how deep we pay depends on number of entries. Stick around! You might be in the money!!

RACE Results will be posted on a laptop computer, Forms will be available to write down your splits. IF we have your email address we will email results

ALSO Results will be posted at kalsipellathleticclub.net (The clubs website)