

YMCA Seeley Lake Challenge Triathlon/Duathlon

Registration:

Friday: Seeley Lake Chamber 10am-6pm

Riverpoint Campground 6pm-8pm

Saturday: 7-9am Riverpoint Campground

**Individuals: \$25 pre-register
\$30 day-of race registration**

**Teams: \$65 pre-register
\$70 day-of race registration**

**Swim 300 yds novice or 600 yds
experienced or Run 3.0 miles**

Bike 10.0 miles

Run 3.0 miles

YMCA Seeley Lake Challenge, Triathlon/Duathlon

General Information

- All persons pre-registered by 1 August will receive a T-shirt, all registering after that will receive them on a first come first served basis.
- Pre-registered packet pickup and registration (no packet) at the Chamber 10-6pm, Riverpoint Campground 6-8pm
- 7:00 a.m. – registration. 9:00 a.m. -- RACE
- Start and end at Riverpoint Day Use Parking Area. From MT 83, approx 3 mile on Boy Scout Road.
- Cost: \$25 pre-register/\$30 day of race, for single competitor \$65 pre-register/\$70 day of race, for relay team.
- Body marking morning of the race.
- Transition area in SE lot of day use parking area.
- Swim 300 yards novice 600 yds experienced. Rectangular course in the lake. Dry start, from the beach.
- Bike 10 miles on Montana pavement which has a few rough spots, flat terrain.
- Run 3.0 mile (flat--1/3 on the paved road, the rest on a trail and gravel/dirt road).
- For more information e-mail solutions11@mac.com or 406-677-2309, or the YMCA ssymca@blackfoot.net or 406-677-3330.
- Bar-B-Que and awards ceremony to follow.

Categories

Males	Female	Relay
<ul style="list-style-type: none">• 15 and Under• 16-25• 26-35• 36-45• 46-55• 56-65• 66+	<ul style="list-style-type: none">• 15 and Under• 16-25• 26-35• 36-45• 46-55• 56-65• 66+	<ul style="list-style-type: none">• Men/ Mixed• Women

Rules:

- You cannot accept assistance from anyone except race volunteers, officials or medical personnel.
- Unsportsman like conduct or foul language directed towards participants, spectators, or volunteers will not be tolerated and will be grounds for disqualification
- All athletes will be body marked.

- Relay teams must tag hands before moving into the next portion of the race.
- Any participant who carries or wears a radio, headphones, headset, personal audio device shall be subject to a time penalty.

Transition Zone

- All equipment must be stored in the transition area except swimming gear.
- Athletes must exit and enter the transition area on foot. Bikes to be mount/dismount in the marked zone.
- Any participant who brings a glass container into the transition area will be disqualified.
- Race numbers must be attached before leaving transition area. Bike numbers must be connected under handlebars and running number are to be attached on chest.
- **No** family or friends of participants are allowed in the transition area.

Swim

- Swimmers must start on the beach, a dry start.
- Wetsuits optional, although the locals swim in the lake all summer.
- Goggles and caps permitted
- No fins, or other swim paraphernalia.

Bike

- All bikes must be walked in the transition and mouting areas.
- There shall be no drafting during the bicycle portion of the race. Stay more than 3 bicycle lengths behind the bike in front of you, except when passing. Complete the pass in 15 seconds or drop back three lengths. When passed, drop back three lengths.
- Bikes must be in upright position in bike rack. All personal gear must be stored under your bike.
- Helmets are required and must be buckled before leaving transition area.

Run

- Water cups must be thrown before the line following water stations.

Seeley Lake Hotels

Seeley Lake Motor Lodge	677-2335
Wilderness Gateway Inn	677-2095
Double Arrow Resort	677-2777
Whitetail Cabins	677-2024
Tamarack Resort	677-2433
The Lodges on Seeley Lake	677-2376

Campgrounds

Seeley Lake (USFS):

Big Larch Campground, Seeley Lake Campground, Riverpoint Campground

Salmon Lake (State)

Placid Lake (State)

Lake Alva (USFS)

Lake Inez (USFS)

Volunteers are welcome and needed. Please call 406.677.2309 to volunteer.

YMCA Seeley Lake Challenge Triathlon/Duathlon (Registration 7am - Race 9am)

Name: _____ Email _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Age: _____ Gender: _____ Shirt Size: M L XL XXL

Triathlon _____ Duathlon _____ Novice _____ Experienced _____

Relay Team: Yes No Name of relay team: _____

Members' names:

Payment enclosed:

Single: \$25 pre-register _____ \$30 Day of registration _____

Relay: \$65 pre-register _____ \$70 Day of registration _____

Distances:

Triathlon:	Swim: 300 yds./600 yds.	Duathlon:	Run: 3.0 miles
	Bike: 10.0 miles		Bike: 10.0 miles
	Run: 3.0 miles		Run: 3.0 miles

Please Note: The swim is in the lake, no wetsuit needed. The bicycle route is on a paved country road, helmet required. The running portion will be on both a trail and pavement.

WAIVER, RELEASE & INDEMNIFICATION

Please read carefully before signing and filling out form.

In consideration of my acceptance to the Seeley Lake Challenge:

1. I hereby agree to comply with all the rules and regulations and event instructions of the event and its directors.

2. For myself, my executors, administrators, heirs, next of kin, and assigns, I hereby:

(a) Waive and release any and all claims that I may have against the Event, its event committee, their officers, directors, members, volunteers, employees, agents, sponsors, including any and all claims for damage caused by the negligence of any of them, arising out of my participation in the event and its related activities, together with any costs including attorney's fees incurred as a result of any such claim whether valid or not, and

(b) Indemnify and hold harmless the releases and each of them against any such claim that I or my guest or any one of more of my executors, administrators, heirs, next of kin, successors or assigns may have or assert or against nay costs including attorney's fees with respect thereto.

3. I hereby acknowledge that I have sole responsibility for my possessions and athletic equipment before, during and after the event, and its related activities and that bike helmets are required..
4. I hereby acknowledge that this event is extremely strenuous, difficult and hazardous even under the most favorable conditions. I understand that my participation in this event carries risk of personal injury, sickness and/or death including but not limited to those caused by terrain, my physical condition, vehicular or pedestrian traffic and other participants in the event. I understand and hereby accept these and all other risks and hazards inherent in this event and its related activities.
5. I hereby attest that I am physically fit and have sufficiently trained for this event and that a licensed medical doctor has recently verified my physical condition.
6. I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident and/or illness during the event.
7. I hereby permit the free use of my name and pictures in broadcasts, telecasts and the press as they pertain to the event.
8. I understand that parts of the course of the event will be on public roads that will not be closed to vehicular and pedestrian traffic. I fully accept the risks and hazards that this implies, including collisions and falls during my participation and I assume complete responsibility for my own actions on all roads that comprise the course.
9. I further certify that I have read and fully understand the above Waiver, Release and Indemnification Form and that the contents were completely and candidly understood by me and that I am voluntarily consenting hereto.

Print Name (legibly)

Signature

____ / ____ / ____

Date

Parent's Signature (if under 18 years old)

Please mail signed form and check (made out to Solutions) to:

Seeley Lake Challenge
Cheryl Thompson
Box 413, Seeley Lake, MT 59868

THIS FORM MAY BE DUPLICATED - TEAM ENTRIES MUST BE SUBMITTED TOGETHER Relay Teams: Each competitor must fill out a separate application. Team applications must be mailed in one envelope with three (3) signed registration forms enclosed.