Long Lake
Lights Festival

"SOUTH BEACH"
TRIATHLON

Event Details

Date - Saturday, June 29, 2019

7:30-8:30 — Registration

9:00 – Race Start at Long Lake Park

♦ Bike from the Park to Maplewood Bar (7 Miles)

♦ Run from Maplewood to The Sand Bar & Grill (3 Miles)

♦ Paddle from The Sand Bar & Grill back to Long Lake Park (1 Mile Across)

Entry Fee- $25 per participant

Includes a commemorative race item, participation medal and post race party.

Triathlon Sponsored by the Residents of
South Beach Drive

Rules

- Participants must provide their own equipment and are responsible for transporting it to the proper event locations.

- Bike must be a PEDAL bike

- Boat requirements– anything you can PADDLE.

- A signed waiver of liability is required for each participant.

- Helmets and Life Jackets are required.

Divisions

- Men's Division 17 & over

- Women's Division 17 & over

- Youth Division

- Relay

Committee Chair: Jessica Frantz
Phone: 989-798-5854
E-mail: jessicafrantzrn@gmail.com

BIB #

Long Lake Lights Festival
South Beach Triathlon - Registration Form
(Please print and complete one registration for each participant)

Participant Information

Last Name: _____ First: _____ MI:_____

Address: _____ City, State, Zip: _____

Age on 6/29/19:_____ Date of Birth:_____ Phone: _____ Email:_____

Emergency Contact: _____ Emergency Phone: _____

Division

☐ Men's Division 17 & Over ☐ Women's Division 17 & Over ☐ Youth ☐ Relay

Payment

$25 Per Participant (Checks Payable to Long Lake Lights Festival, Inc.) Paid ☐

Waiver

This Waiver of Liability must be agreed to and signed before any competitor will be permitted to enter the Long Lake Lights Festival "SOUTH BEACH" Triathlon. Any participant under the age of eighteen (18) must have this release of liability signed by his or her parent or legal guardian. I, the undersigned, understand that participating in the Long Lake Lights Festival "SOUTH BEACH" Triathlon is a potentially hazardous activity and that there are risks of injury and death associated with participating in the event, including, but not limited to falls, contact with other participants, the effects of weather, heat, humidity, traffic and road conditions and water conditions. By signing this Waiver of Liability I understand that I personally assume all of these risks and that I feel I am physically and medically capable and properly trained to enter the event. I understand that a condition of my participation in the Long Lake Lights Festival "SOUTH BEACH" Triathlon is my agreement to knowingly and willingly sign this Waiver. Having read this Waiver, and knowing these facts, in consideration for acceptance of my application for participation in the Long Lake Lights Festival "SOUTH BEACH" Triathlon I, for myself, my heirs, executors, administrators, and, if the participant is under the age of eighteen (18), my child or legal guardian, and for anyone else entitled to act in my behalf, waive and release any and all claims for damages of any nature arising out of participation in this event which I may have from participation in the event against any and all of the event organizers, board members, sponsors, race officials, volunteers, host organizations, property owners, municipalities through which the event is run, or anyone else affiliated in any way with the Long Lake Lights Festival "SOUTH BEACH" Triathlon. I further grant permission for use of any photographs, motion pictures, recordings or any other record of this event for any legitimate purposes. There is NO rain date for the event. In cases of inclement weather, natural disaster, acts of God, acts of war or other unforeseen extraordinary circumstances, management reserves the right to cancel the event and/or modify the race course for safety concerns. Under such circumstances, there will be absolutely no refunds or transfer of entries to future Long Lake Lights Festival "SOUTH BEACH" Triathlon events. Each athlete must accept any such risk of their entry fee paid. Management reserves the right to reject or accept a race entry for any reason.

I have read, understand and accept the terms of the Long Lake Lights Festival South Beach Triathlon Waiver (Participants please sign below – or parent/guardian for those under 18 years of age)

_____   _____

Signature (Participant or Parent/Guardian)   *Date*