

Mt. Angel Oktoberfest Triathlon



Sunday, Sept. 18, 2011

750 Yard Swim



13 Mile Bike



5k Run



- Registration and swim will be at the YMCA Silverton Pool in Silverton, Oregon. Bike 13 beautiful miles on rolling hills to Kennedy H.S. in Mt. Angel. Finish by running a 5k trail run through Kraemer vineyards. Registration begins at 7:00am. Race time starting at 8:30am.
- Medals will be rewarded for the top 2 in each age category with 5 year span in each category. Relay and Business categories separate. T-shirts and prizes awarded during lunch following the race, music will be provided.
- Safety: Bike is on open road. Certified helmets are required! All road rules apply and must be followed.
- Deadline for registration is September 1, 2011.** Mail in a check or drop your registration form off at the Mt. Angel School District office located at the High School. 890 E. Marquam Rd. Mt. Angel Or. 97362
- For additional information, Contact: Staci Sprauer at 541-948-2362 or email, trojancoach@gmail.com

Mt. Angel Sprint Triathlon 2011

Registration: Individual \$55___ Relay Team \$75 __ Business Team Relay \$100 ___

Last Name: _____ First _____ MI _____

Address _____

City, State, Zip _____

Age on 9/18/11 _____ Sex: M ___ F ___ Email: _____

Phone: _____ Shirt Size: S ___ M ___ L ___ XL ___

750 Yard Swim time for heat qualifications: _____

I hereby release sponsoring groups and other representatives and all officials, workers, volunteers involved with this event from any and all right and claims for injuries or illness suffered by me in this event. I understand that participation in this event is strenuous and I verify that I am physically fit to compete in said event.

Signature _____ Date _____

Parent or guardian if under 18 _____ Date _____

Mail completed registration forms and checks to:
Kennedy High School, 890 East Marquam Street, Mount Angel, OR 97362

Sponsored by Kennedy Varsity Volleyball Team. Go Trojans!!!