

LOCATION: Hoot Lake Public Access, 1 Mile NE of Fergus Falls on County Highway 1, Fergus Falls, MN

COURSE:

Swim: 1/4 mile open water in Hoot Lake.

Bike: 15.7 miles, all right hand turns, limited traffic control. All cyclists must observe Minnesota traffic laws. Certified hardshelled bike helmets are required. Drafting is prohibited.

Run: 3.3 miles.

REGISTRATION: Race is limited to 300 participants. No race day registration.

ONLINE REGISTRATION: 

| | | |
|---|-------------------|--------------|
| Fee schedule: | Individual | Relay |
| <i>Early registration</i> – before May 1, 2017 | \$55.00 | \$90.00 |
| <i>Regular registration</i> – after May 1, 2017 | \$65.00 | \$100.00 |

Total enclosed _____

Registration deadline July 25, 2017

No day of race registration

Registration must be received by July 14, 2017 to receive racer shirt on race day.

No Refunds or Number Transfers • No Exceptions

Make checks payable to: Fergus Falls Area Family YMCA

Please send registration to: Fergus Falls Area Family YMCA
1164 North Friberg
Fergus Falls, MN 56537

AWARDS: Top male and female will receive a 1st overall trophy. Awards for the first three places for males and females in each one of the following age groups:

| | | |
|--------------|-------|-------------|
| 19 and under | 30–39 | 50–59 |
| 20–29 | 40–49 | 60 and over |

Relay Awards: top three places for each relay division (Male, Female, Mixed).

Participant Prizes: All participants receive a race shirt and refreshments. Each participant will be automatically entered into our **Grand Prize Raffle for a road bike valued over \$1000** (Provided by Central Lakes Cycle). Additional tickets can be purchased for \$5 each or 5 for \$20.

EVENT SCHEDULE: Saturday, July 29, 2017

6:30 – 7:30 a.m. Check in and packet pick-up at Hoot Lake Public Access. All participants must be marked and attend pre-race meeting at 7:45 a.m. sharp!

8:00 a.m. Race Start

Awards Following last finisher. Results will be posted on www.fergusfallsymca.org

RACE REQUIREMENTS: All participants will be marked with race numbers. Swimmers must wear swim caps (provided by YMCA). Wet suits are allowed. Bikers must wear ANSI approved helmets (No drafting on bike course). We will allow life jackets.

QUESTIONS? Contact the YMCA at 218-739-4489 or email info@fergusfallsymca.org.

Proceeds support YMCA programs.

This triathlon is part of the Fergus Falls Race Series. More information at www.FFRaces.com

MAP AND REGISTRATION

25TH ANNUAL



Hoot Lake Triathlon

July 29, 2017

**FERGUS FALLS AREA
FAMILY YMCA**



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**



**Make it an active weekend
for the whole family**
Register for the Pebble Lake Youth Triathlon, Friday, July 28th. Info at www.pebblelakeyouthtri.com

2017 Hoot Lake Triathlon ENTRY FORM

INDIVIDUAL INFORMATION

INDIVIDUAL

Name (Last) _____ (First) _____

Address _____

City _____ State _____ ZIP _____

Email (must be current) _____

Age (race day) / Date of birth / Phone number _____

Gender: M / F Life jacket: YES / NO Tshirt size: S / M / L / XL / XXL

RELAY TEAM INFORMATION

SWIMMER

Team name _____

Name (Last) _____ (First) _____

Address _____

City _____ State _____ ZIP _____

Email (must be current) _____

Age (race day) / Date of birth / Phone number _____

Gender: M / F Life jacket: YES / NO Tshirt size: S / M / L / XL / XXL

BIKER

Name (Last) _____ (First) _____

Address _____

City _____ State _____ ZIP _____

Email (must be current) _____

Age (race day) / Date of birth / Phone number _____

Gender: M / F Tshirt size: S / M / L / XL / XXL

RUNNER

Name (Last) _____ (First) _____

Address _____

City _____ State _____ ZIP _____

Email (must be current) _____

Age (race day) / Date of birth / Phone number _____

Gender: M / F Tshirt size: S / M / L / XL / XXL

ACCIDENT WAIVER AND RELEASE OF LIABILITY

I know that participating in the Hoot Lake Triathlon is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I assume the risk of running and cycling in traffic. I also assume the risk of swimming in Hoot Lake with a large group. Knowing these facts I hereby for myself, my heirs, or anyone else who might claim on my behalf, covenant not to sue, and waive, release, discharge the City of Fergus Falls, YMCA, and any organization associated with the Triathlon, from any and all claims or liability for death, personal injury, property damage of any kind or nature arising out of or in the course. This Release and Waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known, or unknown. I further grant permission to use photographs of this event for any purposes. I have read the foregoing and certify my agreement by my signature below.

INDIVIDUAL PARTICIPANT WAIVER SIGNATURE

| | |
|---|-------------|
| Signature _____ | Date _____ |
| Parent/Guardian Signature (if under 18) _____ | Date _____ |
| Emergency contact _____ | Phone _____ |

RELAY PARTICIPANT WAIVER SIGNATURES

SWIMMER

| | |
|---|-------------|
| Signature _____ | Date _____ |
| Parent/Guardian Signature (if under 18) _____ | Date _____ |
| Emergency contact _____ | Phone _____ |

BIKER

| | |
|---|-------------|
| Signature _____ | Date _____ |
| Parent/Guardian Signature (if under 18) _____ | Date _____ |
| Emergency contact _____ | Phone _____ |

RUNNER

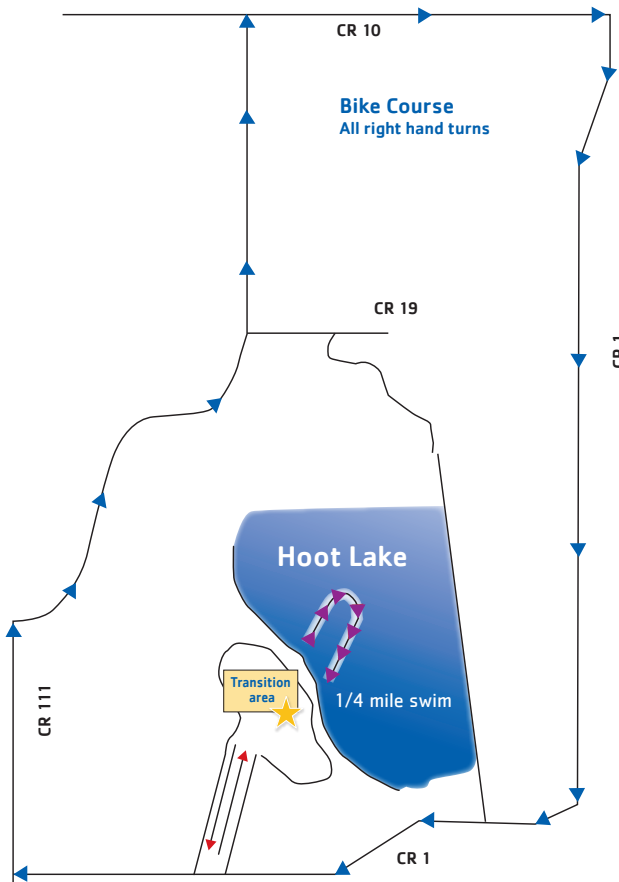
| | |
|---|-------------|
| Signature _____ | Date _____ |
| Parent/Guardian Signature (if under 18) _____ | Date _____ |
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Hoot Lake Triathlon Course

FERGUS FALLS AREA FAMILY YMCA



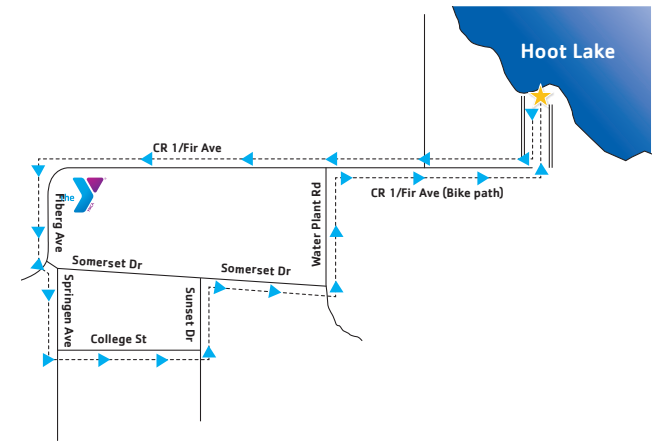
Bike Course (15.7 miles)
Swim Course (1/4 mile)



Key

- ★ Start/Finish/Transition area (Hoot Lake Public Access)
- ▶ Course direction

Run Course (3.3 miles)



Title Sponsors

OTTER TAIL POWER COMPANY

CENTRAL LAKES CYCLE
THE RIDE STARTS HERE!

City of Fergus Falls Minnesota

Lake Region HEALTHCARE
Vision. Integrity. Award winning care.