

Green Mountain Triathlon

10:00 AM Sunday May 4th, 2008

500 yd Pool swim, 18 mile bike, 5k run
Based at Green Mountain College, Poultney, VT

Last Name _____ First Name _____

Address _____ City _____ State _____ Zip _____

Phone: _____ E-mail: _____ Male _____ Female _____

Date of birth _____ Age on race day: _____

Categories: Individual _____ *Team _____ Team name _____

(Team categories) All Female _____ All Male _____ Mix _____ (*teams of two are accepted)

Would you prefer registration confirmation via: Email _____ Snail Mail _____

BIKE HELMETS MUST BE WORN!

I declare that I am fit to take part in this event and understand that I do so entirely at my own risk with full and complete understanding of the risks. I relieve Green Mountain College, and any sponsoring organizations of any responsibility for injury, loss or damage sustained to either my person or property as a result of my participation.

Signed _____ Date _____

*(Team member #2) _____ Date _____ (event) _____

*(Team member #3) _____ Date _____ (event) _____

Parent/Legal Guardian _____ Date _____

-----MAIL UPPER PORTION-----

Prizes!

Male and Female Age Group Prizes, Ten Year Age Groups (19 and under through 60+)

ALL PROCEEDS TO BENEFIT GMC MENS AND WOMENS CROSS COUNTRY TEAM

Early registration deadline: April 6th, 2008 (must be postmarked by April 6, 2008)

Entry Fees: *Students must show proof of student ID on race day*

\$15.00 Students/Faculty --\$20.00 after April 6th

\$30.00 Student/Faculty team -- \$40.00 after April 6th

\$30.00 Non-student -- \$35.00 after April 6th

\$50.00 Non-student team – \$60.00 after April 6th

Refunds will ONLY be given if the race is cancelled

Cashed check is receipt. Make check out to: *Gerald Audet cc: Green Mountain College*

Registration on race day is 8:15-9:15am in the GMC Waldron Athletic Center

****Please mail this form, and check/money order to:****

Gerald Audet: 174 College St. #2

Poultney VT 05764

Any questions please call (802) 287-9398 or email audetg@greenmtn.edu

Or visit our website at: <http://campus.greenmtn.edu/Greenmap/Triathalon/index.asp>

GREEN MOUNTAIN TRIATHLON

COURSE DIRECTIONS

Bike:

Head down Bentley Street to 31 So., to Pine Street So., Turn right on North Street (Rt. 24), 24 to 22A, right onto 22A, Right onto Granville St. to Poultney. Granville St. turns into College St., back to GMC

Run *NEW COURSE*:

The new running course is a 5K and will be a very fast out and back course. Starting from Alumni drive runners will head up Bentley Ave, through the blinking light and across Furnace street to E. Main St. They will then take a right and continue up E. Main to a specified turn around point.

*The Triathlon will start off with a competitors' mtg. at 9:35 AM followed by a 500 yard swim at **10:00**, the next challenge will be the 18-mile bike ride down the streets of VT and NY, then the last dash to the finish will be the 5k-mile run.

*For this year's swim, you will each be in your own lane.

*A meeting will be held at 9:35 before the swim.

*There will be refreshments and entertainment for the competitors.