

years of age on June 12, 2010 will be \$15.

The 7-mile running leg will follow the southeast shoreline of Cass Lake, the shore of pristine Strawberry Lake, parts of Mi-Ge-Zi bike trail, the Norway Beach Nature Trail, and possibly a sand beach run if water levels permit. Most of the run will be on unpaved surfaces: sod, footpaths, and woods roads.

The Chippewa Triathlon is not solely a competitive event; organizers emphasize its value as a personal challenge and an opportunity to improve one's fitness level through preparatory training.

**Categories**

- The event is open to:
- ☞ solo athletes,
  - ☞ doubles who will canoe in tandem and then split up to each complete the bike and run separately, and
  - ☞ relay teams;
  - ☞ to those who want to compete and
  - ☞ to those who want to tour.
  - ☞ to young athletes under the age of 16, who must be accompanied by an adult
  - ☞ to those who just want to tour part of the course

Participants will be expected to finish the course in 9½ hours or less and the following cut off times will be enforced:

- ▶ 2<sup>nd</sup> feed station on bike route.....12:30
  - ▶ Bike to run transition station.....2:30
  - ▶ Finish & lunch at Norway Beach.....4:30
- No facilities or services will be provided along the route after these times.

We are not responsible for your equipment. Bring a lock if you are concerned. Participants will have to provide their own support vehicle for logistics and to handle their canoe and bicycle. Motor vehicles will have limited access to the Triathlon course. The early registration fee is \$30 per person, if postmarked by March 1, 2010; \$35 per person, if postmarked by April 15, 2010; \$40 if postmarked by June 1, 2010, and \$45 late registration on June 11, 2010, in person at Cass Lake Elementary School. **All fees payable in U.S. Funds.** Registrations for participants under 16

**Mailed in registrations MUST be postmarked by June 1, 2010. Registrations postmarked after June 1, 2010 will NOT be accepted.**

**NO REGISTRATION ON THE DAY OF THE EVENT.**

Make checks, in U.S. Funds, payable to Chippewa Triathlon.

**ABSOLUTELY NO REFUNDS.**

**The first 250 registered participants are guaranteed a long sleeved, wicking shirt. Friday, June 11, 2010 - Race headquarters will be at the Cass Lake Elementary School Cafeteria, 4<sup>th</sup> St. NE & Maple Ave.** It will be open from 5:00 PM until 9:00 PM for race packet pick-up, last minute information, and a spaghetti feed for which tickets can **only** be purchased at the door. If you are unable to pick up your packet by 9:00 PM on Friday, you may have someone pick it up for you.

**For lodging and camping information, call:**

**Cass Lake Chamber of Commerce**

**1-800-356-8615**

**[www.casslake.com](http://www.casslake.com)**

**OR U. S. Forest Service:**

**218-335-8600**

**[www.fs.fed.us/r9/chippewa.htm](http://www.fs.fed.us/r9/chippewa.htm)**

**For Canoe Rental: 800-937-8881**



Name \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_ T-shirt size \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Ph \_\_\_\_\_

TEAM NAME \_\_\_\_\_  
 Check category:  Solo \_\_\_\_\_  Doubles \_\_\_\_\_  Team/Relay \_\_\_\_\_ (competitive, up to 4 persons)  
 Team/Relay \_\_\_\_\_ (non-comp., up to 8 persons)  Partial Tour of Course \_\_\_\_\_  
 **If registering as a double or team/relay participant, please list the names of all members of your team on a separate sheet of paper. Each member must fill out and sign a separate registration/entry form & waiver.**

FEES: \*  \$30/per participant if postmarked by March 1, 2010  
 \$35/per participant if postmarked by April 15, 2010  
 \$40/per participant if postmarked by June 1, 2010; **Mailed in registrations must be postmarked by June 1, 2010. Registrations postmarked after June 1, 2010 will NOT be accepted,**  
 \$45 late registration on June 11, 2010, in person at the Cass Lake Elementary School  
 \$15/per child under 16 as of race day. **MUST** be accompanied by an adult at all times.  
**Race packet pickup, course information and all-you-can-eat spaghetti feed will be June 11, 2010, from 5 - 9 PM at the Grade School Cafeteria at 4<sup>th</sup> St. NE and Maple Ave. in Cass Lake.**

**WAIVER OF RESPONSIBILITY**

I acknowledge that this athletic event is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury and property loss. The risks include, but are not limited to, those caused by terrain, facilities, temperature, weather, condition of athletes, equipment, vehicular traffic, actions of other people including, but not limited to, participants, volunteers, spectators, coaches, event officials, and event monitors, and/or producers of the event, and lack of hydration. I hereby assume all of the risks of participating in this event. I realize that liability may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment or property owned, maintained or controlled by them or because of their possible liability without fault. I certify that I am physically fit, have sufficiently trained for participation in the event and have not been advised otherwise by a qualified medical person. I acknowledge that this Accident Waiver and Release of Liability form will be used by the event holders, sponsors and organizers, in which I may participate and that it will govern my actions and responsibilities at said events. In consideration of my application and permitting me to participate in this event, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows: (A) Waive, Release and Discharge from any and all liability for my death, disability, personal injury, property damage, property theft or actions of any kind which may hereafter accrue to me including my traveling to and from this event, THE FOLLOWING ENTITIES OR PERSONS: Chippewa Triathlon, USDA Forest Service, Cass County, Pike Bay Township, Wilkinson Township, City of Cass Lake, MN DOT, MN DNR, their directors, officers, employees, volunteers, representatives, and agents, the event holders, event sponsors, event directors, event volunteers; (B) Indemnify and Hold Harmless the entities or persons mentioned in this paragraph from any and all liabilities or claims made as a result of participation in this event, whether caused by the negligence of releasees or otherwise. I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident, and/or illness during this event. I understand that at this event or related activities, I may be photographed. I agree to allow my photo, video or file likeness to be used for any legitimate purpose by the event holders, producers, sponsors, organizers and/or assigns. This Accident Waiver and Release of Liability shall be construed broadly to provide a release and waiver to the maximum, extent permissible under applicable law. I hereby certify that I have read this document, and I understand its content.

Date \_\_\_\_\_ Signature (if under 18 years old parent or guardian must also sign) \_\_\_\_\_ Age \_\_\_\_\_  
**PARENT GUARDIAN WAIVER FOR MINORS (Under 18 years Old)**  
 The undersigned parent and natural guardian or legal guardian does hereby represent that he/she is, in fact, acting in such capacity and agrees to save and hold harmless and indemnify each and all of the parties referred to above from all liability, loss, cost, claim or damage whatsoever which may be imposed upon said parties because of any defect in or lack of such capacity to so act and release said parties on behalf of the minor and the parents or legal guardian.

Print parent/guard. name \_\_\_\_\_ Signature of parent/guard. \_\_\_\_\_ Date \_\_\_\_\_  
 Please make check out to **Chippewa Triathlon** and mail to: **Chippewa Triathlon, P O Box 607, Cass Lake, MN 56633**  
**\* NOTE: All fees payable in U.S. Funds**

# Chippewa Triathlon

**JUNE 12, 2010 - 7:00 A.M.**

P O Box 607

Cass Lake, MN 56633

218-335-2250, General Info.

218-335-2689, evenings, Course Info.

218-335-6422, registration questions

800-937-8881, Canoe Rental from

Spring Creek Outfitters

[www.chippewa-triathlon.com](http://www.chippewa-triathlon.com)

[www.casslake.com](http://www.casslake.com)

## **NO RACE DAY REGISTRATION**



Canoe - 14 miles

Mountain Bike - 29 miles

Trail Run - 7 miles

## **Chippewa Triathlon**

**Course info: Jack Gustafson, 218-335-2689**

The 2010 version of the Chippewa Triathlon will be very similar to last year's event, with some possible course changes due to trail conditions and water levels.

- The race headquarters is at the Cass Lake Elementary School at 4<sup>th</sup> St. NE and Maple Ave.
- The canoe leg will start at the MN DOT Wayside Rest on the SW shore of Cass Lake, US 2 East.
- This is our fifteenth annual Triathlon, The majority of the course will be located on the Chippewa National Forest and will be a semi-wilderness experience. It is not an easy event and may not be for everyone. Weather could be a major factor. Expect road hazards on the bike trail: mud and ruts if the weather is wet, and loose sugar sand if it is dry. Deer flies could be nasty if spring comes early and warm, and poison ivy is prevalent along the route. Lots of exposed flesh may not be appropriate!

Although you will be able to refuel at nine feed stations along the route, you will need to be **totally self sufficient** and carry liquids, power bars (or equivalent), skin cover, an extra paddle and any repair equipment you may need. **Be prepared!**

## **The following safety equipment is required:**

- A readily available Class II or III personal flotation device is required for each participant during canoe leg
- Bicyclists **MUST** wear an ANSI approved bike helmet, and eye protection

The 14 mile canoe leg will start at the MN DOT Wayside Rest Area on US 2 East on the southwest shore of Cass Lake at 7:00 AM on June 12, 2010. At the start you will head southeast to the channel to Pike Bay where you will paddle the most protected shore (based on predicted wind of the day).

The route is the historic "Pike Bay Connection" used for centuries by Native Americans and in the early 1800's by explorers Zebulon Pike, Joseph Nicollet, Lewis Cass and Henry Schoolcraft. Heading south, you will paddle eight lakes, two small shallow channels, a 3/4 mile narrow meandering, weedy creek and a short upstream section of river. Six portages (with a total distance of 1.8 miles) are flat and well maintained. Take out points and questionable points along the route will be marked. Bring a compass and the map provided, as navigation and common sense is required. The canoe leg will end at the DNR Omega Recreation Area on the northeast shore of Steamboat Lake.

At Omega, you will switch from paddling to peddling. The 29-mile mountain bike route will follow forest roads and trails through the Ten Section area of old pine forest and the Pike Bay Experimental Forest. The Mi-Ge-Zi Bike Trail will bring you the last few miles back to the town of Cass Lake.

**CHIPPEWA TRIATHLON**  
**P O Box 607**  
**Cass Lake, MN 56633**