



Swim, Bike, Run

(.75 mile - 18 mile - 5 mile)

Thousand Hills State Park
Kirkville, Missouri

September 7, 2008



Race Details

Date September 7, 2008

Time 8 a.m. sharp!

Place Thousand Hills State Park (5 miles west of Kirkville on Hwy 6 & Route 157)

Distance .75-mile swim, 18-mile bike, 5-mile run

USA Triathlon International Distance Course Certified
Event is Rain or Shine

Participant Hotline

1.866.626.2878, ext. 2213 (TCC)

Registration

Registration accepted in person or by mail at

ATSU Thompson Campus Center (TCC)
210 S. Osteopathy
Kirkville, MO 63501



Register online at active.com

Race Directors Dan Martin 660.626.2213
Lynda Crossgrove 660.626.2214
660.626.2071 fax

For more information, contact lcrossgrove@atsu.edu or visit www.nemotriathlon.org

Make check payable to Northeast Missouri Triathlon

A.T. STILL UNIVERSITY | ATSU



Northeast
Regional Medical Center



Lloyd Distributing
Dr. Pepper, 7-Up,
Coors Light, Deja Blue Water

Please read and sign both sides of form • Please print • Detach this entry form (may be duplicated for extra entries) and send with correct payment to ATSU-TCC, 210 S. Osteopathy, Kirkville, MO 63501
To ensure your spot and avoid a LATE FEE, all entries must be postmarked by Aug. 29, 2008. **NO ENTRIES TAKEN AFTER SEPTEMBER 3!** Photocopy both sides as needed

Team

Swimmer _____ S M L XL

Male Female Age _____ DOB _____

Biker _____ S M L XL

Male Female Age _____ DOB _____

Runner _____ S M L XL

Male Female Age _____ DOB _____ Masters Division (all over 40)

Team Captain _____

Address _____ KCOM Box # _____

City/State/ZIP _____

Day Phone # _____

Night Phone # _____

Team entry: USAT members – \$70 non USAT members – \$99

All team members will be required to sign a disclaimer later and have required insurance license. T-shirts are long sleeve, men's sizes. For more information, call Dan Martin or Lynda Crossgrove at 660.626.2213. or email lcrossgrove@atsu.edu www.nemotriathlon.org

Individual

Name (Last, First) _____ Age _____

Address (include Apt. or R.D. #) _____

City/State/ZIP _____

Phone # _____ M F DOB _____

Email address _____

Do you have a Medical Condition we need to know about? _____

Individual entry USAT members – \$55 non USAT members – \$65

KCOM box # _____ Long sleeve t-shirt (men's sizes) S M L XL

Register online at: www.active.com

Active charges a 5% surcharge plus \$0.50 for each online registration.

Late Fee: Add \$10 after Aug. 29 and before Sept. 3.

Current USA Triathlon membership is required for insurance and sanctioning purposes.

USA Triathlon Membership # _____

Proof of membership will be required at pre-race check-in. **No Exceptions!!**

Office Use Only PD _____ Initials _____ Date _____ Paper Packet _____

Event Instructions

All USA Triathlon rules apply including:

- USAT approved helmet is required for biking.
- No bike drafting allowed. A time penalty will be assessed if race official determines you were drafting on bike course.
- Crossing double yellow line or chin strap infraction will result in disqualification.

All major intersections are controlled; otherwise traffic will be warned but not controlled.

The swim must be completed in 45 minutes!

Essential pre-race meeting, bike check and packet pick-up: Saturday, September 6, 2008, at TCC at 4 p.m. (technical bike support by Tryathletics) For more info go to www.nemotriathlon.org

Entry Fee

Individual Entry

USAT member: \$55 Non-USAT member: \$65

Team Entry (3 person, one leg each)

USAT Relay Teams: \$70 Non-USA Triathlon Relay Teams: \$99

Each relay team member must sign a separate AWRL. Feel free to photocopy or we will finalize at pre-race meeting.

Fee Includes — USA Triathlon 1-day insurance, if not already a USAT member, long sleeve T-shirt, swim cap, bicycle bottle, food & beverages, race number, pre-race materials, finishing medal, plus additional memorabilia!

2008 USA Triathlon Insurance License Required!!

No exceptions!! You must have a USA Triathlon license card in hand or pay the non-USA Triathlon member entry fee which includes a one-day USA Triathlon insurance license.

Make checks payable to: Northeast Missouri Triathlon

No refunds under any circumstances. Entry deadline: postmarked by Aug. 29, 2008 (Add \$10 late fee after Aug. 29) Do Not Send After Aug. 29

No "Day of" Registration!

No entries after Wednesday, September 3.

Total entrants limited to 400 participants. We expect a full field before deadline.

Don't be disappointed—enter early!

ABSOLUTELY NO REGISTRATION AFTER SEPT. 3!

Team Competition

Three-member male, female, mixed, and masters teams compete against each other as relay teams. Each member of the team will complete one of the swim, bike, or run segments.

Awards & Age Divisions

Top male and female finishers receive \$100 savings bonds, plaques, merchandise, and complimentary entry to the 2009 Hy-Vee Triathlon. Plaques are also given to the top three male and female finishers within each age division.

Age Divisions - Male and Female Individuals

14-19	30-34	45-49	60-64	
20-24	35-39	50-54	65-69	
25-29	40-44	55-59	70-74	75+

Team Divisions Top 3 male, female, mixed, and masters (40+) teams are awarded gold, silver and bronze medallions. All participants are eligible for the post-race merchandise drawing.

Contributing Agencies

Hy-Vee • Bank Midwest • NEMO Foot Clinic • Alliant Bank • Century 21 - Whitney Agency • Whitney - Harrison Insurance • Cable Technologies • Wooden Nickel • Subway • Collins Rents & Events • Tryathletics • RSC • Pagliari's Pizza • Kirksville Parks & Rec. • Kirksville Police Dept. • 1000 Hills Concessionaire • Adair County Sheriff • MO Dept. of Natural Resources • Truman Health & Exercise Science • US Bank

Contest Information

Each confirmed contestant will receive an information/confirmation packet after August 1. If confirmation is required sooner, please send a self-addressed, stamped envelope with entry.

Sunday, September 7 Race Day Schedule at Thousand Hills State Park

6:30 a.m. ... Check-in begins;

8 a.m. Race start time

11 a.m. Race Results & Post-race party w/BBQ chicken picnic

Medical Assistance will be provided by NRMPC Physicians and Staff; Soft Tissue Massage by KCOM Sports Med/UAAO.

Sanctioning and Certification: USA Triathlon Sanction qualifies the top 3 / 25% (subject to change) in each age division for the USA Triathlon 2009 Nationals. Our event is included in USA Triathlon ranking system.

Past Results

See complete 2007 results at www.nemotriathlon.org

Course Records

1995 Male: Cyle Sage 1:26:13

1997 Female: Andrea Fischer 1:35:08

1996 Male Team: Tine Bengtsson, Tracy Smith, Brett Phillips 1:24:20

1999 Female Team: Peggy Donovan, Candice McGuire, Kelly Fisher 1:40:59

2000 Mixed Team: Robin Owens, Randy Starr, Tracy Smith 1:26:29

2007 Winners

Top female — Leslie Curley 1:44:18

Top male — Jason Maurice 1:28:02

Female team — Kate Vanhoomissen, Kate Johnson, Carissa Wentland 1:52:58

Male team — Thomas Etter, Alan Heincker, Josh Storey 1:26:44

Mixed team — Bert Baiotto, Leah Baiotto, Adam Kell 1:33:29

Male

No entry

Brendan Zee-Cheng 2:13:39

Chris Brammer 1:30:01

Landon Hough 1:33:37

Michael Kelly 1:46:37

Ted Zderic 1:29:22

Andy Pele 1:32:31

Terry Hart 1:45:01

Jerry Donohue 1:52:22

Rick Bender 2:35:12

Tom Magruder 1:53:43

Ken Deman 1:56:30

Robert Klenk 2:31:31

age

14-17

18-19

20-24

25-29

30-34

35-39

40-44

45-49

50-54

55-59

60-64

65-69

70-74

Female

no entry

no entry

Erin Sheeley 1:48:42

Theresa Baiotto 1:48:18

Cathy Ruf 1:51:45

Laurie Mizener 1:49:39

Bev Ofsthen 1:53:41

Jackie Chen 1:55:26

Chris Polette 2:10:01

no entry

Jean Ann Roth 2:56:39

Carol Deman 2:14:02

no entry

After the race go to Active.com for complete 2008 results.



Detach this entry form and send with correct payment to Thompson Campus Center.

I understand that participation in the Northeast Missouri Triathlon requires that I be in good physical condition, and that injury or death could occur. In consideration of the foregoing, I, for myself, my executors, administrators, and assigns do hereby release and discharge the State of Missouri, the City of Kirksville, A.T. Still University, and its employees, the race directors, all volunteers, all providers or products and services, from all damages, demands, action, and causes of action whatsoever, in any manner arising or growing of participation in said triathlon. Additionally, all USAT members are bound by USAT membership agreements. One-day USAT single event license or permit purchasers must sign the Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement before racing.

I hereby affirm that I am eighteen (18) years of age or older, I have read this document, and I understand its content. For persons under 18 year of age, a parent or legal guardian must sign the AWRL and complete the following section.

Name (please print)

Signature

Date

Parent/Guardian signature (if under 18)

Relationship to minor

Date