

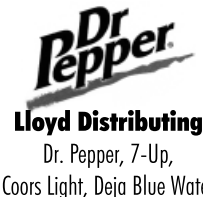


Swim, Bike, Run
 (.75 mile - 18 mile - 5 mile)
 Thousand Hills State Park
 Kirksville, Missouri
 September 13, 2009

A.T. STILL UNIVERSITY | **ATSU**

VisitKirksville.com

**Kirksville Area
 Chamber of Commerce, Tourism**



Race Details

Date September 13, 2009
Time 8 a.m. sharp!
Place Thousand Hills State Park (5 miles west of Kirksville 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
 Kirksville, 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

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, Kirksville, MO 63501
 To ensure your spot and avoid a LATE FEE, all entries must be postmarked by Sept. 4, 2009. **NO ENTRIES TAKEN AFTER SEPTEMBER 9!** Photocopy both sides as needed.

Team

2-person 3-person

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/Night Phones _____

Email address _____

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

All team members are required to sign a disclaimer and have insurance license. T-shirts are long sleeve, performance wear, 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

Age (as of 12/31/09) _____

Name (Last, First) _____

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

City/State/ZIP _____

Phone # _____ M F DOB _____

Email address _____ KCOM box # _____

Do you have a medical condition we need to know about? _____

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

T-shirts are long sleeve, performance wear, 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 Sept. 4 and before Sept. 9.

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 12, 2009, 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 (2-person, two legs/one person: 3-person, one leg each)

USAT Relay Teams: \$70 Non-USAT 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, race tote bag, long sleeve, **performance wear** T-shirt, swim cap, bicycle bottle, food & beverages, race number, pre-race materials, finishing medal, plus additional memorabilia!

2009 USA Triathlon Insurance License Required!!

No exceptions!! You must have a USA Triathlon license card in hand or pay the non-USAT 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 transfer allowed prior to deadline. Entry deadline: postmarked by Sept. 4, 2009 (Add \$10 late fee after Sept. 4) Do Not Mail After Sept. 4

No "Day of" Registration!

No entries after Wednesday, September 9.

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

Don't be disappointed—enter early!

ABSOLUTELY NO REGISTRATION AFTER Sept. 9!

Team Competition

Two- and three-member male, female, mixed, and masters teams compete against each other as relay teams. One individual completes two legs of race for two-person teams and each member of the three-person team will complete one of the swim, bike, or run segments.

Awards & Age Divisions

Awards will be given to the top three male and female finishers.

1st place - \$200 savings bond, \$25 cash, plaque, merchandise, and complimentary entry to the 2010 Hy-Vee Triathlon

2nd place - \$100 savings bond, \$25 cash, plaque, merchandise, and complimentary entry to the 2010 Hy-Vee Triathlon

3rd place - \$50 savings bond, plaque, merchandise, and complimentary entry to the 2010 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	75-79
20-24	35-39	50-54	65-69	80-84
25-29	40-44	55-59	70-74	85+

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

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 13 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 NRMC 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 2010 Nationals. Our event is included in USA Triathlon ranking system.

Contributing Agencies

Major Sponsors: A.T. Still University, USAT, Hy-Vee, KRXL, New Concepts Open MRI, Northeast Regional Medical Center, Kelly's Furniture, Lloyd Distributing, Kirksville Area Chamber of Commerce -Tourism

Contributors: Kirksville Dental Group, Bank Midwest, NEMO Foot Clinic, Alliant Bank, Century 21-Whitney Agency, Cable Technologies, Wooden Nickel, Subway, Collins Rents & Events, Tryathletics, RSC, Pagliai's Pizza, Kirksville Parks & Rec, Kirksville Police Department, 1000 Hills Concessionaire, Adair County Sheriff, MO Dept. of Natural Resources, Truman State University Health & Exercise Science, Clif Bars

Past Results

See complete 2008 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

After the race go to Active.com for complete 2009 results.



Get Connected on Facebook

Become a fan of the NEMO Triathlon group to learn more about this USAT sanctioned event. It's a great opportunity to interact with former and current race participants and volunteers, view images from past races, and learn more about Kirksville and the surrounding area.

active.com

**Detach this entry form and send with correct payment to
ATSU Thompson Campus Center, 210 S. Osteopathy, Kirksville, MO 63501**

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 it's employees, the race directors, all volunteers, all providers of 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