



# Individual/Team Registration Form Sunday June 13, 2010

Make checks payable to: SCS Multisport  
Mail to: 6545 Flying Cloud Drive  
Eden Prairie, MN 55344

## Welcome to the 21st Annual Manitou Sprint Triathlon

The Manitou Triathlon has been in existence since 1990, and has truly become one of the 'must-do' races of any Minnesota Triathlete. Being a relatively 'easy' course early in the year, it's often chosen by rookie triathletes as their first race. But the Midwest's elite athletes also like the course because "it's just plain fast". Please fill out the registration form below and return it to SCS Multisport (address above). **Note:** Age is your age on December 31, 2010. For more information about the race or registration visit our website at [www.manitoutri.com](http://www.manitoutri.com). See you Race Day!

**Division:** (fill in the circle for your division and then check the box for the type when appropriate)

- Elite as  F1 (Youth: 12 – 16)  Elite Development Race (Junior: 16 – 23)  Age Group
- Team as  Team Male  Team Female  Team Mixed
- Age Group *Age Group only—please check the appropriate age group below*

Age Group:  13-15  16-19  20-24  25-29  30-34  35-39  40-44  
(age on 12/31/10)  45-49  50-54  55-59  60-64  65-69  70&up

“Dry Release” T-Shirt Size (if team, indicate # of each): S: \_\_\_ M: \_\_\_ L: \_\_\_ XL: \_\_\_ XXXL: \_\_\_

Team Name (if applicable): \_\_\_\_\_

## Individual or Swimmer

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Age (as of 12/31/10): \_\_\_\_\_ DOB: \_\_\_\_\_ Gender:  Male  Female

Phone (h): \_\_\_\_\_ Phone (w): \_\_\_\_\_

Email (print clearly): \_\_\_\_\_

USAT #: \_\_\_\_\_ exp: \_\_\_\_\_ Need a race day USAT membership?  Yes  No

## Biker

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Age (as of 12/31/10): \_\_\_\_\_ DOB: \_\_\_\_\_ Gender:  Male  Female

Phone (h): \_\_\_\_\_ Phone (w): \_\_\_\_\_

Email (print clearly): \_\_\_\_\_

USAT #: \_\_\_\_\_ exp: \_\_\_\_\_ Need a race day USAT membership?  Yes  No

<b>Runner</b>			
First Name: _____		Last Name: _____	
Address: _____			
City: _____		State: _____	Zip: _____
Age (as of 12/31/10): _____	DOB: _____	Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female	
Phone (h): _____		Phone (w): _____	
Email (print clearly): _____			
USAT #: _____		exp: _____	Need a race day USAT membership? <input type="checkbox"/> Yes <input type="checkbox"/> No

**Entry Fees** *check which applies to you/your team*

**USAT Members** *must supply your USAT number and expiration date*

Postmarked by March 31:    Individual \$65.00    Team \$130.00  
 Postmarked by June 1:    Individual \$80.00    Team \$150.00

**Non-USAT Members** *fee includes an additional \$10.00*

Postmarked by March 31:    Individual \$75.00    Team \$140.00  
 Postmarked by June 1:    Individual \$90.00    Team \$160.00

**Make checks payable to:** SCS Multisport

**Send check and completed form (after January 1) to:** SCS Multisport  
 Attn: Manitou Tri  
 6545 Flying Cloud Drive  
 Eden Prairie, MN 55344

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**ALL PARTICIPANTS MUST READ AND SIGN THE WAIVER**

**Participant Waiver:**

As a participant in the Manitou Sprint Triathlon, I the undersigned know that an action sport carries a significant risk of personal injury or damage to my property, which may occur before, during or after the event, while on the premises of the event or the surrounding areas of the event. I know that there are natural and man-made hazards, surfaces and environmental conditions, and risks, which in combination with my actions can cause me very serve or occasionally fatal injury. I agree that I, as part, must take an active role in understanding these risks, conditions and hazards. I here by acknowledge that I have entered the race at my own risk and accept that risk. I also agree that I, not Manitou Sprint Triathlon race director, Fast Track Events, staff, volunteers, sponsors, event venues or its agents, am responsible for my safety while I participate or train for this event. I am at least 13 years of age as of December 31, 2010 and I am aware of the physical demands related to the Manitou Sprint Triathlon. I also give permission for future use of any photos that may be taken during the event.

Participant/Team Member #1's Signature	Date	Parent/Guardian Signature (if under 18)*	Date
Team Member #2's Signature	Date	Team Member #3's Signature	Date

\*I, the above signed, understand the waiver along with my child.