

2020 Clinton Lake Sprint Triathlon / Duathlon



SPRINT TRIATHLON

- ★ SWIM 300 YARDS
- ★ BIKE 13 MILES
- ★ RUN 5K

DUATHLON

- ★ RUN 1.1 MILES
- ★ BIKE 13 MILES
- ★ RUN 5K



DATE:

Saturday, August 15th 2020

LOCATION:

Clinton Lake SRA (Clinton Lake Beach)
7251 Ranger Rd., DeWitt, IL 61735

Start Time:

Duathlon 1 mile starts at 8:00am
Sprint Tri Swim Waves begin at 8:05am

ENTRY FEE (No refunds):

	<u>Individual</u>	<u>Teams</u>
Before August 1st	\$50	\$75
August 1st - Aug. 13th	\$55	\$80
Packet Pick Up and Day of Race	\$60	\$85

AWARD DIVISIONS:

- * Overall Male and Female
- * 1st,2nd,&3rd place finishers in each age group (Standard 5 year age groups from age 14 to age 80+)
- * Top Relay Team

PACKET PICKUP:

Friday, August 14th, 5pm to 7pm at Boon Dock's Restaurant located just east of Clinton Lake Beach. Packet pickup begins again at 6:30am on race day.

RULES AND REGULATIONS: The Clinton Lake Sprint Tri / Duathlon is **not** a USAT sanctioned event. Bikers are required to wear a helmet. Swim caps are not required. Clinton Lake is a power plant cooling lake so the water will be very comfortable. Body suits can be worn.

RELAY TEAMS CONSIST OF 2 or 3 MEMBERS:
All relay teams must fill out registration forms for each member.

AMENITIES:

Clinton Lake Beach has bathrooms and showers. All participants will receive a beach ticket that provides beach access for the entire day of the event. Extra beach tickets can be purchased. Camping Sites can be acquired through Reserveamerica.com if you would like to make it a weekend getaway. Event shirts will be guaranteed to all those who register by August 1st.

SPECIAL DISCOUNT FOR 2019 REGISTERED PARTICIPANTS:

Returning registered participants from the 2019 Event will receive a \$10 reimbursement towards this year's event for the cancellation of last year's race due to the weather. The reimbursement will be given during the packet pickup times (Fri & Sat).

Online Registration at:

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Last Name	First Name	Sex	Age
<hr/>			\$
Address	City	State	Zip Code
<hr/>			Total Amount Enclosed
S M L XL 2XL			
Telephone #	Shirt Size-please circle	Email (critical for race updates)	
<p><small>In consideration for my being accepted, I intend to be legally bound and do hereby for myself, heirs, executors and administrators release and relinquish all rights and claims for damages which I may hereinafter accrue to me against The Clinton Community YMCA, The Illinois Department of Natural Resources & DeWitt County, IL, their directors, officers, agents, members, volunteers, successors, assigns and all their sponsors and supporters for any and all damages or injuries which may be sustained and suffered by me in consideration with my association with or entry or participation in an event itself. I also covenant with the aforementioned persons and entities not to sue any of such persons for any activity, including the negligence of such persons and entities. I certify that I have represented by my application for entry that my physical condition and training for this event is adequate to participate safely in the event and I acknowledge that I am familiar with the distances, rigors and the risk of the events involved. If I should suffer injury or illness, I authorize any official of the event to use their discretion to have me transported to a medical facility and I take full responsibility for this action. I hereby agree that in the event of a race cancellation due to storm, rain, wind, inclement weather or other "Acts of God", my registration fee shall not be refunded. I hereby grant full permission to any and all of the foregoing to use any photographs, motion pictures, videotapes, recordings or any other record of this event for any purpose including commercial use.</small></p>			
<hr/>		Sprint Tri or Duathlon Individual or Team	
Signature / All team members must sign		Event (please circle)	
<hr/>		<hr/>	
Date			
<p>Mail Checks Payable to and Mail To: Clinton Community YMCA/Clinton Lake Tri/417 S. Alexander St/Clinton, IL/61727 Mailed entries must be received by August 12th. Call to confirm receipt. For questions, email or call Rennie Cluver, Event Director, at 217-935-8307 rcluver@clintoncommymca.org</p>			