



SUNDAY, JULY 12, 2009
HELENA, MONTANA



Olympic: Swim 1.5 K
Bike 40 K
Run 10 K

Sprint: Swim 1 K
Bike 20 K
Run 5 K

Race start, finish and transitions are located at the Spring Meadow Lake State Park just west of Helena, Montana

Swim a rectangular course in small lake. Bike out and back on a rolling 2-lane paved road. Run a flat fast course on trail, dirt road and pavement. Enjoy wonderful people, beautiful scenery and warm July weather.

5-year age group and team awards

The 2009 Spring Meadow Olympic Triathlon is a USAT Special Qualifier, which will qualify the top 33% or top 5 people (whichever is greater) per age for the 2009 Age Group Nationals.

Sponsors

Great Divide Cyclery
Windbag Saloon
Bagel Company
Blackfoot River Brewery
Taco de Sol
Hammer Nutrition

Start Times

Olympic 8:00 am
Sprint 9:00 am
Kids race to follow

Costs

Olympic \$60
Sprint \$45
Includes USAT 1-day License

Register On-Line

www.active.com

Presented by

Team Great Divide



Mike Jacobson & Sean Slanger
race directors
(406) 442-1106
cajake@dishmail.net



Individual or Team Swimmer

Name _____ Age as of Dec. 31, 2009 _____ Male ___ Female ___
 Address _____ DOB: _____ Olympic Sprint (circle one)
 City _____ State _____ Zip _____ USAT Member #: _____
 Email _____ Phone _____

Team Cyclist

Name _____ Age as of Dec. 31, 2009 _____ Male ___ Female ___
 Address _____ DOB: _____ Olympic Sprint (circle one)
 City _____ State _____ Zip _____ USAT Member #: _____
 Email _____ Phone _____

Team Runner

Name _____ Age as of Dec. 31, 2009 _____ Male ___ Female ___
 Address _____ DOB: _____ Olympic Sprint (circle one)
 City _____ State _____ Zip _____ USAT Member #: _____
 Email _____ Phone _____

In consideration of the acceptance of this entry form, I the undersigned, for myself, my heirs, executor and administrators, waive and release any and all rights and claims I may have against the event officials and sponsors for photo, video, personal damages or injuries arising out my participation in this event. I attest and verify that I have full knowledge of the risks involved in this event and that I am physically fit and sufficiently trained to participate.

If under the age of 18 years old, a parent or guardian signature is required.

Signature _____ Date _____
 Individual or Team Swimmer

Signature _____ Date _____
 Team Cyclist

Signature _____ Date _____
 Team Runner

Fees: Individual Sprint \$45, Individual Olympic \$60, Team Sprint \$110 Team Olympic \$150. NO RACE DAY REGISTRATION. Current USAT members subtract \$10, present card at packet pickup, waivers to be signed at packet pickup. Packet Pickup 4-7 July 11th at Great Divide Cyclery, 336 N. Jackson, Helena, MT 59601