

Freedom Springs Triathlons09

The 23rd annual combination adult/kids swim-bike-run event will be held at the beautiful Blue Springs Recreation Park, 5461 Blue Springs Road in Marianna, Florida on Saturday, July 4th, 2009, beginning with the adult swim at 7:00am cdst. ***Kids race begins at 8:45am.** There will be no Race day registration. Pre-race packet pick-up begins at 5am at the Park on the day of the race. **For directions go to MapQuest and type in address above.** Otherwise, one mile east of the courthouse in Marianna take hwy 71 north off hwy 90, go 1 mile, take Blue Springs road east 3 miles and look for park sign on right. FST preregistration address is listed at bottom of page.

***Triathlete participants must present top portion (above waiver) of this form at front gate as payment for park entry. Family, friends, & other spectators will be charged an entry fee of \$2.**

Adult triathlon- 1/4 mile swim, 10 mile bike, 5K run. **Kids tri-** 100 yard swim, 3 mile bike, 1 mile run.

Awards as follows:

Adult race (pre-registered individual)- \$40.

3 deep overall male & female

3 deep age groups: 13-15, 16-19, 20-24, 25-29, 30-34,35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 & older.

Kids race (pre-registered individual)- \$15. *no kids relay available

3 deep overall boy & girl

3 deep age groups: 8 & younger, 9-10, 11-12. **Kids may choose to participate in youngest age group (13-15) of adult triathlon at adult entry fee (\$40.).*

Adult Relay (pre-registered)- \$75., 1st all male, 1st all female, 1st mixed

***Specialty awards (choose one only)-** 1st overall male & female in the following categories- Master, (40-49), Grand Masters (50-59), Great Grand Masters (60+), Physically Challenged, Fat Tire, First Timer (1st triathlon), Clydesdale (250 lbs plus), & Petite Plus (150 lbs plus). *Awards ceremony will begin at approximately 10:15. No awards will be mailed out.*

******You may qualify for only one specialty award******

No race day registration. Pre-registration deadline is June 22 (postmarked midnight).

- Each participant is responsible for visibility of race # on body at finish chute
 - Approved helmets required for bike portion of race
- Water furnished at run turn around and finish chute area. It is recommended that you furnish yourself with plenty of fluids for bike portion of race.
 - Wetsuits allowed
- **T-shirts to all pre-registered applicants (deadline midnight June 22).**

****Save \$2. by cutting here & presenting above portion at park entry gate for park entry***

July 2009 FST Waiver

Print name clearly- _____ M/F (circle) Age- _____ T-shirt size- CL S M L XL

Print Email address clearly- _____ Phone- _____

Circle **one only-* M/F Individual Mixed/ M/F Relay M/F Kids Race

*Specialty divisions (choose **1** only):* Master Grand Master Great Grand Master Fat Tire 1st Timer
Physically Challenged Clydesdale (male 250lb+) Petite+st (female 150 lbs+)

****Each participant is responsible for making sure specialty division is printed on nametag and turned in at finish chute***

Entry forms are distributed via email only. For this reason it is important that you *print your email carefully and legibly* on entry form taking care to *differentiate between letters and numbers with a slash thru numbers*. All participants listed on FST mail list will receive pre-registration forms in January prior to upcoming July 4th event. Entry forms are also available at-

http://www.trifind.net/triathlons/florida/freedom_springs/

I am in good physical condition and have thoroughly trained for this event. In case of any accident or injury that may occur to me due to my participation in this event, I release the Jackson County Sheriff's department, Blue Springs Recreational department, Jackson County Commissioners, and all sponsors and volunteers associated with the annual Freedom Springs Triathlons event.

Signature- _____ Date- _____

For more information, contact Terry Edwards, FST race director, at 850.557.0522 or email- fst1@bellsouth.net

Write & remit check to- FST 5368 Smith St. Graceville, FL 32440

*Overnight accommodations- Arrowhead Campsites 850.482.5583 Microtel Inn & Suites 850.526.5005