

## Freedom Springs Triathlons 2011

The 26th 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 Monday, July 4<sup>th</sup>, 2011, beginning with the adult swim at 7:00am cdst. \*Kids race begins at 8:45am.

**There will be NO RACE DAY REGISTRATION, Adult or Kids race, without exception.**

**All Pre-Registration closes on June 20, 2011!** Packet pick-up begins at 5am at the Park on the day of the race. **Directions as follows-** 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 registration address is listed at bottom of page. **Entry form and check accepted via hard mail only.**

***\*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 and fees as follows:

**Adult race- \$45.**

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, 65-69, 70-74, 75 & up.

**Kids race- \$20. \*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 (\$45.).

**Adult Relay- \$95., 1<sup>st</sup> all male, 1<sup>st</sup> all female, 1<sup>st</sup> mixed**

**\*Specialty awards (choose one only)-** 1<sup>st</sup> overall male & female in the following categories- Master (40-49), Grand Master (50-59), Great Grand Master (60-69), Extreme Master (70+) Physically Challenged, Fat Tire, First Timer (**1<sup>st</sup> triathlon**), Clydesdale (**200 lbs plus/male only**), & Petite Plus (**150 lbs plus female only**).

**Awards ceremony will begin at approximately 10:15. Trophies must be collected at awards ceremony. No awards will be mailed out.**

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

**No race day registration. Registration deadline is June 20 (postmarked midnight).**

**After June 20<sup>th</sup> 2011 there will, without exception, be no registration for Adult or Kids Race!**

- 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

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

*July 2011 FST Waiver*

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

Print Email address clearly- \_\_\_\_\_ Phone- \_\_\_\_\_

**\*Circle one only-** [**Individual-** Male Female] [**Relay-** Mixed / Male / Female] [**Kids Race-** Boy / Girl]  
**Specialty divisions (Circle one only):** Master / Grand Master / Great Grand Master / Extreme Master / Fat Tire / 1st Timer / Physically Challenged / Clydesdale (male 200lb+) / Petite+<sup>st</sup> (female 150 lbs+)

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 race results after the event and registration forms prior to upcoming event via email. Printable entry forms are available at- <http://www.runningintheusa.com> or <http://www.trifind.com>

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 via email- [fst1@panhandle.rr.com](mailto:fst1@panhandle.rr.com)  
**Write & remit check to- FST 5368 Smith St. Graceville, Fl 32440**

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