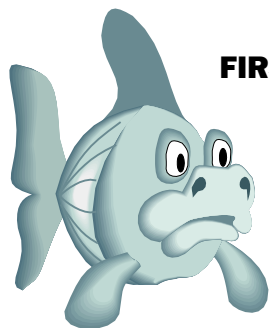


FROZEN FISH TRIATHLON



March 6, 2010 - 2:00 p.m.

WOLVERINE SKI AREA to GOGEBIC COMMUNITY COLLEGE POOL
Ironwood, MI



FIRST LEG - Nordic **Ski: WOLVERINE SKI TRAILS – 10 km**

SECOND LEG – **Run: SUNSET RD. – LAKE RD. – GCC DR. - 4 mile**

THIRD LEG – **Swim: LINDQUIST CENTER POOL - 500 yards**

INDIVIDUAL or TEAM relays of two or three

REGISTRATION:

\$30 - Individual

\$50 - Team (2); \$75 - Team (3) - \$10 off if 18 or less

\$5 discount if register by 2/26/10

(Make checks payable to Snowflake Aquatics)

PRE-REGISTER:

- ❖ Steep Creek Outfitters - 930 E Cloverland (Hwy.2)
- ❖ Race Day at **Wolverine Nordic Ski Trails** (Sunset Rd.) before race start or,
- ❖ Send form to:

Snowflake Aquatics Inc.

P.O. Box 65

Ironwood, MI 49938



Proceeds go toward supporting the **Gogebic Community College Pool**

GENEROUS SUPPORT GIVEN BY:

** Whitecap Kayak * Steep Creek Outfitters * Jacquart's Fabric Products * James Oliver – CPA * Silver Properties**

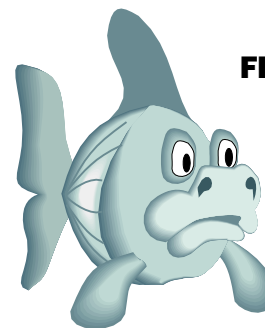
For more information call David Rowe at (906)932-4708

FROZEN Minnow TRIATHLON



March 6, 2010 - 10:00 a.m.

MT. ZION SKI AREA to GOGEBIC COMMUNITY COLLEGE POOL
Ironwood, MI



FIRST LEG - Nordic **Ski: MT. ZION SKI TRAILS – 2 km**

SECOND LEG – **Run: GCC DRIVE. – LAKE RD. – JACKSON ROAD. - 1 mile**

THIRD LEG – **Swim: LINDQUIST CENTER POOL - 200 yards**

INDIVIDUAL or TEAM relays of two or three

REGISTRATION:

\$10 - Individual

\$20 - Team (2); \$25 - Team (3)

(Make checks payable to Snowflake Aquatics)

PRE-REGISTER:

- ❖ Steep Creek Outfitters - 930 E Cloverland (Hwy.2)
- ❖ Race Day at **GCC Lindquist Center** 9-9:45 before race start or,
- ❖ Send form to:

Snowflake Aquatics Inc.

P.O. Box 65

Ironwood, MI 49938



Proceeds go toward supporting the **Gogebic Community College Pool**

GENEROUS SUPPORT GIVEN BY:

** Whitecap Kayak * Steep Creek Outfitters * Jacquart's Fabric Products * James Oliver – CPA * Silver Properties**

For more information call David Rowe at (906)932-4708

Name:
Age _____ Sex _____ Shirt size _____

Address:

e-mail:

TEAMS:

Child _____ (All team members under 13)

Teen _____ (All team members under 19)

Adult _____

Team name:

INDIVIDUAL:

12 & under _____

13-14 _____

15-18 _____

19- 29 _____

30-39 _____

40-49 _____

50-59 _____

60-69 _____

70+ _____

I recognize that there are dangers involved in participation in this event - including but not limited to accident, injury or precipitation of conditions due to infirmity or disease that may cause serious or fatal results. In consideration of this entry being accepted, and desiring to be legally bound to myself, my heirs, assigns, executors and administrators, I hereby waive and release any of the sponsoring groups, officials, or owners of facilities and or any private homeowners, attendants, or any other people or facilities connected with the triathlon, for any and all injuries suffered by me at said triathlon or on the way to or from said triathlon. I accept this risk and in no way hold Snow Flake Aquatics, or organizers, or volunteers of this event liable. I further certify that I am physically fit to participate in the SnowFlake Aquatics Winter Triathlon on March 6th, 2010. I have read this release and certify my compliance by my signature below. (For a team registration, each member MUST fill out a form individually.)

Participants Signature _____

Parent/Legal Guardian if entrant is under 18 years.

Name:
Age _____ Sex _____

Address:

e-mail:

TEAMS:

Child _____ (All team members 10 or under)

Youth _____ (All teams members 13 and under)

Teen _____ (All team members 16 and under)

Team name:

INDIVIDUAL:

7 & under _____

8 and 9 _____

10 and 11 _____

12 and 13 _____

14 and 15 _____

16 and 17 _____

18 and over _____

I recognize that there are dangers involved in participation in this event - including but not limited to accident, injury or precipitation of conditions due to infirmity or disease that may cause serious or fatal results. In consideration of this entry being accepted, and desiring to be legally bound to myself, my heirs, assigns, executors and administrators, I hereby waive and release any of the sponsoring groups, officials, or owners of facilities and or any private homeowners, attendants, or any other people or facilities connected with the triathlon, for any and all injuries suffered by me at said triathlon or on the way to or from said triathlon. I accept this risk and in no way hold Snow Flake Aquatics, or organizers, or volunteers of this event liable. I further certify that I am physically fit to participate in the SnowFlake Aquatics Winter Triathlon on March 6th, 2010. I have read this release and certify my compliance by my signature below. (For a team registration, each member MUST fill out a form individually.)

Participants Signature _____

Parent/Legal Guardian if entrant is under 18 years.
