

# 11th ANNUAL BALLWIN TRIATHLON ENTRY FORM

Name: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

E-Mail \_\_\_\_\_

Gender: M F

Age (as of 7/20): \_\_\_\_\_

Shirt Size: S M L XL XXL

(Shirts sized as close as possible)

300 Yard swim



9 Mile bike



Helmets must  
be worn on the  
bike route in  
order to  
participate.

3.4 Mile Run



**Estimated time for 300 yard swim = \_\_\_\_\_ min.**

In consideration of your accepting this entry, I the undersigned, intending to be legally bounded, hereby, for myself, my heirs, executors, and administrators, waive and release any and all rights and damages I may have against the City of Ballwin, the Pointe at Ballwin Commons, Missouri State Parks, their representatives, successors and assign for any and all injuries suffered by me in the said event. I attest and verify that I am physically fit for competition for this race, and my physical condition has been verified by a licensed medical doctor.

Participant's signature \_\_\_\_\_ Date \_\_\_\_\_

(Parent's signature if under 18)

Prizes for Top Overall Finishers: Men and Women— 1st Place/\$100 Gift Certificate to Ballwin Schwinn, 2nd Place/ \$50 Gift Certificate to Ballwin Schwinn, 3rd Place/\$25 Gift Certificate to Ballwin Schwinn. The top 3 finishers in each age/gender category will receive medals(18 and under, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59,60+) Event limited to 240 participants.



Entry forms and \$30 must be received by (not post marked by) **July 11th:**

The Pointe at Ballwin Commons

Attn: Matt Struempf

#1 Ballwin Commons Circle

Ballwin, MO 63021

Checks Payable to "City of Ballwin"

***Sunday, July 19th, 2009—7:00AM***